THE ... LIFE ABUNDANT

A MANUAL OF LIVING

REV. ROBERT B. H. BELL, M. A.

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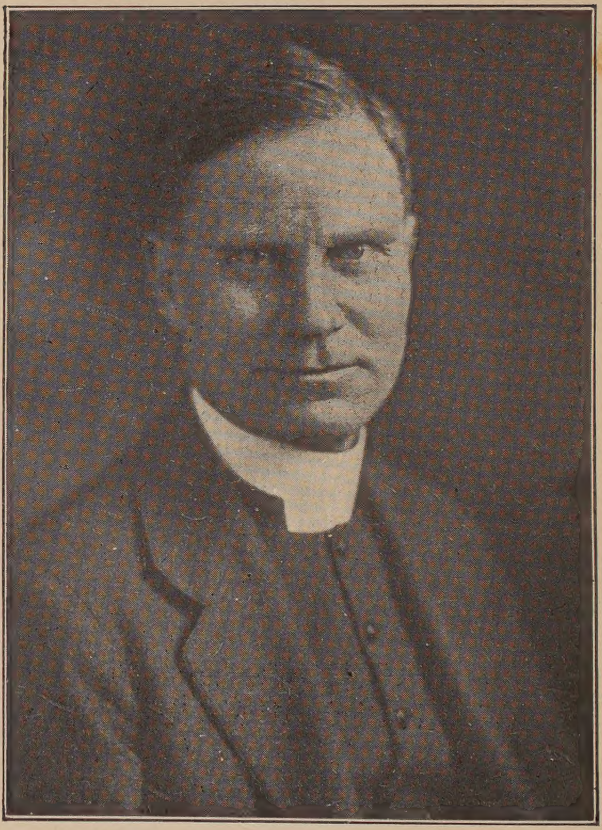

REV. ROBERT B. H. BELL, M. A.

The Life Abundant

A Manual of Living

BY
REV. ROBERT B. H. BELL, M. A.

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THE ST. THOMAS HEALTH SCHOOL

because of the encouragement and loyal support the members have given to this work in St. Thomas Church, Denver, Colorado.

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FOREWORD

THE author desires to make acknowledgment for scientific and medical information to the following authorities:

Captain Jerome L. Fritsche.
Louis Berman, M. D.
Benjamin Gayelord Hauser, M. D.

CHAPTER I.

Introductory

WHEN God created man in His image, He made him out of the salts of the earth and gave him certain foods to eat to sustain that life. Our stay here depends largely upon our ability to eat foods that nourish our bodies, to cast out all fear, to think normally, and to honor God by kindliness of soul through faith in a divine Father. Adam's sin is still the sin of the whole race. Man is continually eating the forbidden foods that nourish not, but bring first disease, and then death. The Christ ideal was and is to teach men to write the law of body, mind and soul in their hearts, so that they may bring long life here and eternal life hereafter. While man is here, it is his duty to live in the flesh, perfectly, and so demonstrate the wisdom and knowledge of God in creating him. Why make of God a laughing stock by destroying that which He has created in His own image? To care for the body all the way through this material life must be one of our

chief duties, for it is the House of God. As it is not to the credit of any banker to allow his banking house to crumble, to fall to pieces for lack of care, neither is it to the credit of man to allow his home, his body, to fall into decay through neglect. We are put here to glorify God in our bodies, our minds and our selves, and to neglect the body is to neglect a part of that Divine duty.

The price we pay for such neglect, carelessness, or ignorance is physical death, besides misery of body and distortion of mind many, many years.

Man's physical duty is to keep the blood stream supplied with all of the necessary sixteen elements of human life, for only when man's blood stream is kept balanced by proper living can he be free from pestilence and disease. He need not fear what microbes can do to him if his body is well nourished by pure, rich blood. It is true that many sick men do great work, but this can never be an argument for ill-health. Health, like the rain and the sun, is essential to human prosperity and human knowledge. Many great men are great even in spite of terrible handicaps. What would they not have been had they enjoyed health?

Blood is manufactured in the intestinal tract, in the most wonderful chemical factory ever

made. The vegetables and fruits of the earth take the minerals from the soil and store them in the little cells of the plant for man's use and this is the only way that man can absorb the mineral salts from Mother Earth. Nature will not assimilate manufactured salts, though scientifically like the salts found in the plants. This is the law of nature, and God does not change His laws for any person. Man must get his nourishment from those foods made by the hand of God.

Therefore, to be healthy, one must eat the things provided for him by a Divine and Kind Father, and he who eats contrary to the natural law, dies early in life. Breaking physical laws brought death to the human race in the beginning, and the human race is still breaking laws and adding to the sin of Adam. But, as man is a Trinity, we must also consider other parts of him as well as the part called physical, for the body influences the mind and the mind influences the body, therefore, the wise man will consider his whole being—Body, Mind, and Spirit. With the understanding that the self, or soul, is president of the council of three, man must consider his mind and his body as instruments of the soul and rule them; never letting them have the upper hand in anything. He must constantly use his power of veto, determining his career and curbing his appetite.

The body must be cared for and so must the mind, but the man himself must be ruler of both.

As all this is true, we shall try, in this little book, to set forth a method of eating the foods that nourish the blood stream and so replenish man's body daily. We shall consider right combinations in feeding and a new and scientific method of preparation of food. Diet lists will be given, recipes for cooking and preparing foods and a method of choosing them. We shall consider the care of the body in regard to eating, exercising, breathing and cleansing. A course will be given in the scientific eliminating from the body all poisons, under the wise direction of a medical man and then a way to perfect health through proper choosing of food. Lectures will be given on the care of the mind: first, a course on how to eliminate inhibitions from the subconscious mind; then shall follow lessons on how to develop the power of the subconscious mind through concentration and relaxation, for the benefit of the body and mind. Again, lessons will be given on the care of the brain, with an outline of the foods best suited for that purpose, and a lecture on psychology, showing how to assume a right attitude of mind toward God and our fellow men.

A course will then be given on the care of the soul. Soul foods will be given and the value of

personal magnetism; how to pray with effect; and how to reach the Father and communicate with Him for guidance.

In other words, an attempt is made in this little book to write a small treatise that will cover a plan to help a man to be healthy, prosperous and wise. It is not a book on medicine, nor on psychology, nor on theology, but an attempt to lead men and women to obey the law made by God, that they may know the Father and live as they should.

CHAPTER II.

The Blood Stream

THE blood stream consists of the following salts: Nitrogen, Hydrogen, Oxygen, Carbon (Protoplasm), Calcium Fluoride, Calcium Phosphate, Calcium Sulphate, Iron Phosphate, Potassium Chloride, Potassium Sulphate, Potassium Phosphate, Magnesia Phosphate, Sodium Chloride, Sodium Phosphate, Sodium Sulphate, and Silica (Mineral Salts).

The normal blood stream of an adult should contain four quarts of rich blood, containing sixteen or more elements drawn from the soil. Sick people have less blood and more mucus. The blood stream tries to keep up its proportions and will take away even calcium (bone), if deficient in lime; hence we see many suffering from decayed teeth and from rickets.

We recommend that the first thing to be done for all sufferers from disease or ills is to eliminate, as far as possible, the toxic poisons by a seven-day fruit and vegetable fast or a pure fruit

fast. This can be done in many ways, as there are many methods of taking fruit fasts. Great care must be taken that the bowels eliminate daily. If a regular elimination cannot be had, it is well to use an enema. In speaking of elimination in general for people, we would recommend that they seek elimination twice a day, or three times, if possible, for cleanliness of the internal organs is a guaranty of perfect health. We would further recommend that general elimination or house cleaning of the toxic poisons once a year should be undertaken by all who desire to live in accordance with the laws of Nature. For bed patients, we recommend that they consult their doctors, and under their care, take the elimination process, for, in case of bed patients, great care should be taken that they are properly nourished. The yolks of two eggs may be used each day in orange juice and the orange juice and soups strained and given in less quantity and more often. If the patient cannot take a seven-day elimination, it is recommended that he take a four-day elimination, for this will bring good results. Then, come back to the regular diet as prescribed later in this book.

Dr. B. Gayelord Hauser has worked out a splendid elimination for cleansing the blood stream and purifying the body. The St. Thomas

Health School has used his method with great success.

Elimination

For Cleansing the Blood

As Outlined by Dr. B. Gayelord Hauser

MORNING—Drink one-half glass of hot water with one-quarter teaspoonful Whole Salt. Common white salt should never be used. Drink orange juice or eat the fruit for breakfast. At ten o'clock eat more oranges or lemons. Use the lemon in water without sugar. Never use white sugar. Eat at least twelve pieces of citrus fruit per day. This means Limes, Lemons, Grapefruit and Oranges. One piece is a whole orange or a whole grapefruit.

NOON—Glass of hot water with one-quarter spoonful of whole salt. Eat a raw salad of any or all of the following: Lettuce, celery, chopped cabbage, tomatoes, green peppers, ground carrots, radishes and cucumbers. With the radishes eat a little of the tops. Use a dressing of lemon juice and salt.

AFTERNOON—One may have watermelon, peaches, plums, pears, cherries or any other fruit.

EVENING—Cooked vegetables (except cabbage) for soup. Take equal parts of celery, carrots, tomatoes and parsley, and cook in sufficient water to cover them. Add Vegex to flavor. This should be strained in cases of sickness. The best vegetable is spinach. Other vegetables, cooked, may be used—green peppers, asparagus and okra.

TWICE A WEEK—(At Least)—dissolve one pound of epsom salts in clear water and sit in it not more than 15 minutes at a time. This is for elimination through the skin. The more pus there is in the body the more lemons should be used.

Take one-half spoonful to one of Cleansing Food before retiring. If the bowels do not eliminate before

10 a. m. the next morning, remember that the poison is reabsorbed. You might use an enema with a spoonful of natural salt mixed in with a quart of water. Then, on the following evening before retiring increase the dose of eliminating food.

Remember that elimination is the thing that you are doing. You are cleansing the blood stream and getting ready for proper eating and living. Stick to your diet during the eliminating period, regardless of aches or pains or temptations of hunger. You will win.

Very few people know the value of elimination for autointoxication; therefore, we shall at this time take a few minutes to talk in general on this question. All animals, including man, eliminate poison through the skin, lungs, kidneys and bowels. One cannot be too careful about keeping the skin clean. A good rub with corn meal after a bath of warm water will clean all the pores of the skin thoroughly. When the skin ceases to breathe, sickness comes immediately and if not corrected, death will follow. It is reported that a great Caesar, one day, gilded a German boy that he might lead him in a procession through the city of Rome. History records that four minutes after the boy was gilded he died of pneumonia. Breathing through the skin and eliminating toxins through the skin is as essential as any other elimination process of the body. Colds are but the effect of the skin failing to do its work and pressing the extra job upon the poor lungs and mucous membranes. Therefore, when you

have a cold, you must remember that your skin is not working normally.

The next great *eliminative* force in our bodies is the lungs. The lungs, through the air taken in, oxidize and purify the blood; therefore, do cultivate deep breathing. Deep breathers are freer from colds than any other class. When walking in the open air, think of deep breathing. When you awake in the morning, go to an open window and breathe deeply until you can feel your whole body stimulated by this exercise. In fact, when you breathe through the lungs, every cell in your body breathes the oxygen of the air. All people suffering from asthma or hay fever are shallow breathers. A good method to overcome shallow breathing is recommended in the following exercise of the lungs:

Lie on the back. Place the hands on the abdomen and with gentle care, push the hands out by breathing while counting eight; then hold while counting eight; and then exhale while counting eight. Second position: Placing the hands on the side of the ribs, with the little fingers near the lowest rib at the side, breathe in, pushing the hands out while you count eight; hold while you count eight; and then exhale while you count eight.

Again, placing the hands on the upper chest, near the collar bone, breathe in while you count

eight; hold while you count eight; and then exhale while you count eight. Do this in the morning and evening, and as many times in the day as you can, and you will be amazed to find yourself a deep breather in from six weeks to two months. In this way you will eliminate the poison in the blood, for the blood is thrown on the lungs as a screen and oxidized by the oxygen in the air. Therefore, give your lungs a chance for oxidization by deep breathing.

The next means of elimination is through the kidneys. The kidneys screen out of the blood the water and waste matter and pass it out through the proper channels. By learning to drink fruit juices, especially citrus fruit daily, one will eliminate much poison from the system.

Elimination through the bowels: This is a very important thing in the life of man. It is recommended that a certain time, for this important operation, be set aside each day and that an attempt be made on the part of the one wishing an elimination to bring it about. If you cannot eliminate in any other way, use an enema with Ivory soap water, but by all means be determined that eliminations shall take place. After a while it will become a matter of habit and then you will find health a daily thing.

Constipation is the curse of the American people. Constipation will make the whole body sick

and the head drunk. The most important thing to be remembered in your health program is to learn to eliminate three times a day normally. He who learns to eat fruits and vegetables in great quantities and persists, will find a remedy for autointoxication.

Headaches that appear over the eyebrows indicate that the upper bowels or upper colon or both are in a state of fermentation. Fermentation is caused by foods called sweets and starches. The higher up the headache, the lower the cause in the intestines, colon or female organs. Look for all troubles in the chemical laboratory of the human system. Different parts of the body soon reflect the distress of colon infection. If you cannot make three eliminations a day and free yourself of distress and gas pains, visit a doctor and have your colon washed out!

There may be a stoppage in the colon and you can never be well until that is dissipated. Eat sparingly of starches and sweets. The intestines must throw off the poisons daily or they will be re-absorbed by the whole system and will appear in the blood to infect every organ in the body. Tonsilitis, appendicitis, asthma, bronchitis and colds all lie at the door of a clogged colon.

Clean house, clean house, and dump the garbage of the system as often as you can. We recommend that a good old-fashioned house-cleaning

be undertaken twice a year through a seven- or ten-day elimination, as prescribed by many competent doctors. Never use drugs to bring an elimination, except under great stress. When the bowels are overworked through stimulants, they are afterwards lazy. With normal, healthy movements you can be healthy if you are not lazy, and you learn to curb your appetite.

The body temple is greatly helped by gentle exercise. By exercising the muscles gently every day, one forces the waste carbon into the blood tract, where it is expelled through the proper channels. We would recommend that you walk two or three miles per day, every day, and add a gentle setting-up exercise to your morning operations. A good exercise to keep a perfect body from becoming flabby and the abdomen enlarged is as follows:

Lie flat on the floor, placing the toes under a heavy object. Then rise and fall some twenty times like a jack-knife, using the hips for the hinges. When the abdominal muscles are strengthened, the body will become supple and graceful and the waist line decreased.

It would be well for all to go through the Elimination for a spring cleansing. This will thin the blood and get you into a generally fine condition of mind and body for the hot days. You can go through a fruit fast of seven days in the following way: Twelve oranges the first day. Be sure to eliminate daily. Use an enema if

needed. Second day, six grapefruit or more. Third day, drink the juice of six oranges and eat a salad of all the green vegetables you can find on the market, with lemon and salt for dressing. Fourth day, fifteen oranges. Fifth day, eat cooked vegetables for noon and night meals, using oranges for breakfast. Sixth and seventh days, use three lemons between meals with a dozen oranges at meals. If the oranges make you sick, remember that it means you have a very bad condition in your intestines. Go slowly. Just take a little orange juice at a time till you can consume it in large quantities. It will take you longer, but what is that to health?

A fruit fast is a wonderful thing for restoring health. You will lose many pounds during the process, but you will gain them back if thin. In other words, nature will make the proper weight when you give her a chance.

CHAPTER III.

The Principal Cause of Illnesses

IN the elimination fast of seven days you are cleansing the intestines and the colon of poisons. It is said by many physicians that a diseased or clogged colon causes nearly 90% of all disease.

Therefore, I am printing here an article written by Captain Jerome L. Fritsche on this very important matter:

The Why of Constipation

By Captain Jerome L. Fritsche
President of the Denver Turnverein Association

CONSTIPATION is the most common of all human ailments. It is found in nearly 90 per cent of the people of America. In fact, this general prevalence has caused many people to overlook the *why* of constipation. They have overlooked the astounding fact that most of the illness to which the living body is heir is directly traceable to constipation.

Constipation causes a furry tongue, bad breath, toxemia, dyspepsia, indigestion, sour stomach, appendicitis, dizziness, headache, spots before the eyes, colds, rheumatism, gall bladder disease, heart disease, kidney trou-

ble, asthma, high blood pressure, hardening of the arteries, apoplexy, ulceration of the colon, from this to cancer, and finally death.

The effect of constipation on the disposition is very marked. Many cross and fretful children are so because of constipation. It is the cause of many women becoming old before their time. It has broken up many beautiful homes because of the souring of the tempers of the husband or wife. It shortens the span of life, and makes living a misery.

Let us now consider the *why*. In the first place, not enough time is spent in chewing the food. The saliva in the mouth has an important function in the process of digestion. Also the fact that the stomach has no teeth is overlooked. So the food is bolted, not thoroughly chewed or salivated. The poor old stomach does the best it can and sends the bolus on its way.

It now enters the small intestine (so named because of its diameter and not length). This small intestine is about 20 feet long and plays a most important part. It is here that the juices of the pancreas and the liver are mixed with the food. It is here, as the bolus passes along over the lacteal glands of the intestine, that the food is absorbed and is carried away by the blood and lymph channels. After this churning and thorough going over, the mass is passed into the large intestine, for a drying out process and evacuation.

This large intestine is about 9 feet long, and is the center for most of the disturbance. Let us trace the large intestine, and see the relation of disease of the abdominal organs to the position of this organ. It starts at the lower right hand side of the abdomen, passes up the right side to the liver, across the upper abdomen on the left side under the stomach, down the left side to the pelvis, and ends in the rectum. At its start in the lower right hand side is the seat for appendicitis: where it bounds the liver you get gallstones; by the stomach you get indigestion and dyspepsia; in the pelvis, female troubles; and the colon ends in hemorrhoids.

When the colon functions properly it is the best guarantee for health, but if it does not function properly then the trouble starts, for it stirs up all the organs it

meets, and also absorbs the poisonous-end products of food retained too long in the intestine.

Food should begin to pass through and out of the body in 12 to 16 hours after eating, and should be all gone in 24 to 36 hours. A slower food movement is dangerous, for it is constipation. In a perfectly normal person there should be an impulse to move the bowel after each meal, or at least twice a day. Unfortunately many people have what they suppose is a normal movement daily or even twice daily, yet the movement in the intestine is so slow that food remnants remain in the curves and convolutions of the intestine for days. You can well imagine what happens to food kept in a moist place in a temperature around 98 6/10 degrees for a week.

The food staying in the colon all this time decays, and distills into a poison which is absorbed and sent throughout the entire body. This gives you a heavy feeling, a headache, sometimes a sick headache, spots before the eyes, a furry tongue, halitosis. It is this poison which hardens arteries, raises the blood pressure, breaks down kidney tissue. It soaks into every cell and tissue of the body, causing a toxemia. It is this poison which ruins tempers, causes a premature aging. It is this poison which causes a rapid pulse, and heart disease.

This poison formation is not the only harmful result of constipation. The very overburdening of the bowel causes trouble. The weight of the slow-moving bolus causes irritation and inflammation of the organs surrounding the colon. We were told that the large intestine starts in the region of the appendix. Can you see what happens when an overloaded, overweighted intestine sits on this very important organ? It becomes irritated, inflamed, and starts a complaint. The surgeon then removes this organ and the source of lubrication for the large intestine has been forever removed. In the transverse or middle portion it weighs or drags on the stomach, with the resultant aches and pains in that region. Within the pelvis it bears down on the bladder, the prostate gland, the uterus, ovaries, and causes various types of aches from backache to headache. Mind you, this is by pressure alone. Now imagine what hap-

pens when the distilled poison puts in its work in conjunction with the overload.

Probably the most sinister aspect of the whole is the fact that constipation causes very little if any pain in the intestine. It is this thing which causes one to live in a false security until a mucus-colitus or cancer develops.

If any readers have by this time formed the opinion that this serious condition cannot be corrected, let me set your minds at rest. Constipation can be corrected, and very readily so. But not by medicines or cathartics, or laxatives, or purgatives. These methods are only used in cases of emergency. The entire solution lies in the type and kind of food you eat. There is the one and only solution. The types of foods such as are recommended and outlined in this book by the editor will solve your entire problem of constipation and its resultant complications. They will make for a better life, a happier life, a longer and more useful life. The practice of Dr. Bell's famous formula, F^3, meaning faith, food, and fortitude, is your one and only guarantee.

After having understood the dangers of constipation and having knowledge of how to eliminate and get a fresh start, it would be well for us to go into the law of replenishment. Hence, I am publishing an article written by Captain Fritsche on this subject. The body is kept going by a continuous replenishing of the cells. Let us look for a moment into the Law of Replenishment:

The Law of Life or Replenishment

WHEN God first created this world He laid down certain fundamental laws that must be obeyed by man and beast. Man, who can sail ships under the waters, sail ships over the clouds, throw his voice

around the world, has come to believe that he can improve on the fundamental laws of God—and what has been the result—illness, disease, death on such a rampage as has never been witnessed before—mental and spiritual depressions—loss of all contact with God—with the things that go to make up a finer life, a healthier life, a happier life.

The law of life—of its operating function—is replenishment. Man comes into the world at birth as a complete creation, made in the image of Him, with the function of life in operation. This operating function soon comes to exhaustion and must be replenished, and here man with his supposed superiority tries to improve on God's laws, and with the result that the infant made in the image of Him soon becomes a thing that is a blasphemy to be likened unto Him. This very truth is exemplified by millions of people in all walks and stations of life, who stand before the altar of God—broken in health and spirit—because they have violated the law of replenishment.

Man eats for replenishment; to put back what has been used up in this process called living. There is no other reason for eating. Alas, many have forgotten this fact and eat not for replenishment, but from habit or custom. The very fact of eating requires that we first understand why we eat, and second what to eat.

Our body is a composite of individual lives or cells co-ordinated into function. These billions and billions of lives are dependent upon the blood stream for nourishment. The human blood stream with every heart-beat gives up some of its life forces to these cells. The body is composed of sixteen elements, and the living cells are dependent upon the blood stream to replenish them with one or more of these elements so they can function in a virile manner. Therefore, the reason we eat is to replenish the blood stream with the necessary sixteen elements.

The question then naturally arises, What shall I eat? and the answer is food. Unfortunately, we have lost sight of what is food, so let us consider what constitutes food. Food is only the substance or substances in nature which can replenish the blood with all its constituent elements in balanced relation. Any substance used as

food in which the elements are not in balance-relation, one to the other, fails to replenish the blood, and is therefore not food, but poison. To illustrate: If you take a teaspoonful of iodine it will cause death. Yet you cannot live without iodine in your blood stream and tissues. Why will iodine kill then, when it is naturally a part of the blood, when taken in such quantity? Because it has been thrown out of quantitative relation or balance with the other elements.

The question then arises, from whence shall we draw replenishment? Everything in the universe is found within three kingdoms—the animal, vegetable, and mineral kingdoms. No animal or man can elaborate within its own body the elements which will continue its function, therefore it cannot continue its existence without getting something from an outside source. The only outside source is the other two kingdoms. The mineral kingdom is not available to man, therefore the vegetable kingdom becomes the primary source of replenishment.

The seeds, the leaves, the roots, the stalks, and the fruits typify the vegetable kingdom. Choose a few simple, inexpensive natural foods from the Creator's menu. We fry, boil, bake and mash our potatoes, carrots, beets, turnips and parsnips, changing them from what the Creator provided for our replenishment, and we think we have improved upon Nature. We generally denature by cooking in the presence of oxygen our fruits such as apples, bananas, or prunes. We cook the natural leaf of cabbage or lettuce, and thereby create a thing that cannot deliver to the blood stream the elements which the Creator has combined in it.

We feast on these denatured substances with gusto and vie with each other as to the quantity we can load into our rebellious bodies. We become fat or thin, develop boils, or fevers, systemic conditions like cancer, diabetes, gall stones, asthma, goitre, or the so-called infectious conditions like tuberculosis, typhoid fever, diphtheria.

This appalling violation of the natural law of life must cease if the human race under civilization is not to perish from the earth.

To comply with the natural law of life and stop creating disease, and after getting well, keep well, is through

the use of natural wheat or natural rice, or natural ripe beans, or natural peas in their whole state as they come from the harvest field, with nothing added to it or taken away from it, and cooked ready to eat without the presence of oxygen of the air. These products added to the family meal in which white flour products, fried foods, demineralized and oxidized foods have been eliminated are a guarantee for health.

The word replenishment is a most important word in our lexicon. We know the definition as applied to the mechanical things about us, but we have lost sight of the application of the word "Replenish" as applied to our physical life. The Standard Dictionary defines "Replenish" as—"to fill again, as something that has been emptied; fill up afresh."

With this definition fixed in our minds let us find the practical use of the word. If we fail to wind our watch it stops. Fail to put gasoline in the tank and the automobile stops. Let any banker fail to put back sufficient income to balance his outgo, and he becomes bankrupt. Why is all this true—because in each case we failed to put back that which was used up. The penalty to replenish or put back in kind exactly what is being used up, is impaired or ceased function. The law of replenishment is a simple law, it is not hard to obey, but it is a most exacting law. Failure to comply with it spells utter defeat, be it for machine or man.

We recognize this law in everything else, yet we ignore it in our own lives. We are paying the penalty. Our living bodies are machines. Every beat of our heart, and every breath we take uses up something in this process called living. Every function uses up certain elements, and our bodies demand an exact and continuous replenishment. Our very life depends on this. Do we use the same care to replenish exactly what we have used up as we do in our mechanical things? No; we do not, we have lost sight of this fundamental law as applied to the human body.

Science has long known that our bodies are infinite communities of life cells—each one using up certain elements and demanding in kind their exact and continuous

replenishment. The blood stream is merely the vehicle to carry the life elements. Alfred McCann says, "The blood is life." It is composed of sixteen elements: Phosphorus, calcium, magnesium, potassium, sulphur, carbon, nitrogen, manganese, iron, sodium, iodine, oxygen, hydrogen, fluorine, chlorine, and silicon. There are also certain vitamine effects. Either of itself or in combination with others, each one of these elements performs some necessary purpose of replenishment. "There is no creature alive today on the face of this planet whose body does not contain these sixteen elements. The body obtains them through the medium of food and through food alone," says McCann. Life cannot exist without each one of these and in proper balance with the others. The sixteen elements have important uses. The absence of any one of them means disease or death.

Disease is not a positive thing, rather it is a negative thing, it is a demonstration of failure to put back into the body that which was used up. Disease is not an entity. It does not attack. It is merely a deficiency. It is a deficiency of health, of balance, of mineral content. If we are not deficient, in our blood stream, of the sixteen elements with which all life is associated, and there is no deficiency of their balanced relation, then there can be no disease. But if there is a deficiency in the balance of the elements, then disease is present.

It is not a difficult thing to avoid disease. It can be done by correcting our food intake, and requiring that it be natural and not denatured, refined, demineralized, oxidized, precipitated, or distilled. That it be as given to us by Him. That we do not try to improve upon the things God gave us for the replenishment of our bodies. It is only necessary for us to remember that God gave us the seeds, the leaves, the fruits, and that these afford all the nourishment and replenishment our bodies require.

It is only necessary that we remember the five fundamental laws of life—natural air, natural water, natural sleep, natural exercise, and NATURAL FOOD, and that all disease is traceable to the violation of any or all of these fundamental laws, and that violence or interference are also contributing causes.

It is also necessary that we put ourselves in complete

harmony with the spirit of God. That we relax and let his healing power surge through us. That we become in rhythm with the finer things of life. By putting our bodies in a healthy condition we can then enjoy life, and understand the things God has given us, which now are meaningless to us.

We can then forget that there is such a thing as fats, carbohydrates, protein, mineral salts, acids, alkalines, or calories. It is only necessary to remember that what we eat must be natural as God compounded it, and not as man has demineralized, denatured, fractionated, concocted, or manipulated it.

"Replenishment is the law of life; the law of life is the law of health."

CHAPTER IV.

Foods and Their Reactions

AFTER reading the article on Replenishment, a question is naturally asked: "What foods, then, are recommended as foods supplying the needs of the body?"

Before going into this, I should like to point out the foods one ought not to eat, as they are comparatively few and may be assembled in a group:

DO NOT eat denatured or demineralized foods, as they do not supply the body with the required salts for life. Wheat, for instance, contains sixteen elements, the identical elements of the human body and in the same proportions as the human blood. When wheat is made into white flour, it loses twelve of these salts, leaving only four, and during the process of cooking, often two more elements are taken out, leaving a white loaf of bread little better than the paste that is used by the paper-hangers. White flour products are denatured products and always cause constipation.

In fact, many doctors say that 80% of man's ills come through eating white flour products. We recommend that all who are seeking abundant health use whole grain wheat flour and whole grain products. In this book we shall give recipes that will enable any ordinary cook to produce delectable and appetizing foods from real flour.

Another denatured food is white, or refined salt. It is a mucus maker and an irritant of the mucous membrane. Use natural sea salt, always.

Another denatured food is white, or refined sugar. It is dangerous because it lacks lime, and when taken in excess into the stomach, destroys the bone structure in the human body, clogs the system, brings on boils, colds, catarrh, sinus troubles and many other ills. Use unbleached brown sugar, raw sugar, maple sugar, or honey. Excessive use of candy made of white sugar causes acidity of the blood and leaves the body open to an attack of almost any disease. Eat dates and natural sweets for your sugar supply. Encourage the children to eat fruits for their sugar supply by putting a bowl of fruits and nuts on the table at all times.

Another denatured food is vinegar. Vinegar is really alcohol, distilled further. It dries the blood and has about the same effect upon the human organs as alcohol. Always use *lemon* juice for all purposes where vinegar was used before.

All fat of animals, when rendered through heat from the bodies of animals, is considered a denatured food and clogs the intestines and adds mucus to the blood. Use olive oil or Wesson oil for fat.

All highly refined foods, cereals, polished rice, refined oats, potatoes cooked without the skins, are dangerous to health. Cook all vegetables with the skins, for under the skin and in and around the skin is the nourishment. Do not use pepper—use paprika.

The following vegetables are rich in the salts necessary to the body: Spinach, celery, lettuce, asparagus, carrots, raw cabbage, cauliflower, Brussels sprouts, turnips, cucumbers, tomatoes, radishes, etc.

The following fruits are valuable in the proportion as they appear written below:

Limes, lemons, oranges, grapefruit, pears, peaches, plums, apples, raspberries, blackberries, gooseberries, strawberries, water melon, musk melon, and many others. In fact, all fruits and vegetables grown are valuable for food, if eaten in their natural state.

Citrus fruits, because they hang high and long in the sun during the process of ripening, are radiant, and most valuable for health and for extending youth.

Let us pause for a moment and briefly explain

the effect of different foods upon the body. Later on in this book we will write more extensively concerning foods.

Foods are divided into three parts: First, the body builders, the protein or nitrogen foods; they are the heavy foods used in the building-up of the body—meats, dried beans, eggs, nuts, mushrooms, dried peas, lentils, milk, cheese, legumes, etc.

The second group of foods are the energy foods. They supply the energy of the body and consist of all fruits and leafy vegetables.

The third group of foods are the perpetuating foods. They keep up the heat supply of the body. They are the starches and sweets found in vegetables and fruits. Too many starches and sweets used in proportion to other foods clog the system and cause tumors, ulcers, constipation and other ills.

To build the great muscle tissues, one must continually eat the heavy protein foods. In St. Thomas Health School it is recommended that the proteins, energizers and perpetuating foods be used in the following proportion to form a perfectly balanced diet:

Divide the meal into six parts. Let three parts be supplied by the heavy, protein-bearing foods; two proportions be given by the energy food, fruit and vegetables; and one proportion to sweets and

starches. The athlete and man who works with his muscles daily must be supplied with more starches and sweets than the man who works in an office, but the average housewife, office man or office woman will hold an abundant health by eating in the proportion of three, two and one.

The following foods are recommended for the following reactions upon the human body:

Iodine:

Iodine is a beautifier. Many people suffering from thick lips, goiter and other malformations lack iodine. It prevents goiter; normalizes cell and gland action, and dispels poisons. Iodine may be found in sea foods, such as fish, natural salt and other things taken from the sea. Other foods having iodine are garlic, pineapple, artichokes, spinach, strawberries, the yolks of eggs, carrots, watercress, and potato skins. (Expectant mothers should eat iodine foods, as well as foods heavy in calcium and nitrogen.)

Hydrogen:

Hydrogen foods supply the elasticity to the muscles and skin and youth to the glands. All citrus fruits are heavy with hydrogen, as well as the sub-acid fruits and vegetables.

Potassium:

Potassium is the radio active force in Nature and acts as such in the human blood. It is strongly alkaline; adds elastic quality to muscles, invigorates and agitates the liver It is a healing force in the body and is found in all leafy vegetables, such as celery, spinach, carrots, cucumbers, parsley, peppermint, wintergreen, dandelion, dill, cress and almonds.

Sodium:

Sodium is used in Nature's chemical factory to dissolve stony deposits in kidney, bladder or other parts of the body. Sodium is found in the following: Celery, carrots, spinach, peaches, lentils, almonds, pecans, walnuts

and apples. Sodium will dissolve stiff joints and help in all cases of rheumatism. Be careful concerning ordinary white table salt. Denatured salt causes many ills. In Nature's laboratory sodium is used in the natural way and helps the body eliminate.

Iron:

Iron is an important chemical in the blood stream and gives the red color to the blood and strength to the muscles. Iron absorbs oxygen and feeds tissues; supplies energy and makes rosy cheeks. Never use drug store iron, for no denatured iron can be assimilated by the human blood. Iron is chiefly found in red cabbage, blackberries, loganberries, cherries, spinach, onions, raisins, raw yolk of egg, dates, prunes, beets, asparagus, tomatoes, and blueberries.

Silicon:

Silicon is a wonderful salt and gives grace of limb and symmetry to the body. All dancers are users of silicon. Silicon is the base of nails, hair and teeth. It also adds firmness and suppleness to the body. Silicon is found in cucumbers (the skins, especially), spinach, carrots, cabbage, strawberries, gooseberries, almonds, endives, barley, lettuce, figs and oats. Those who have a tendency to falling hair would do well to concentrate daily upon the silicon foods and seek three eliminations daily.

Chlorine:

Chlorine is the cleansing element of the human blood. It promotes digestion. It is the natural soap used by God to cleanse the body. It is called by some the policeman of the body, the scrub-woman or the janitor. It is found in cabbage, natural salt, carrots, spinach, salted meat, goat's milk, cow's milk, salt fish, radishes, cheese, cocoanut, and beets.

Calcium:

Calcium is the salt that supplies the bone content in the blood. Lack of calcium in foods leaves the bone open to attack of decay and many malformations take place in the human body. Calcium gives vitality and

endurance to the body. It heals wounds and counteracts acid. T. B. is but the result of a lack of calcium in the system. Calcium is found in cabbage, milk, cottage cheese, spinach, onions, apricots, figs, prunes, parsnips, tomatoes, celery, and bran.

Phosphorus:

Phosphorus gives vision and supplies the nervous system with energy and life. It heightens the ability of the imagination to function. Phosphorus is the food of the nerves supplying the brain. The brain uses phosphorus foods and oil in abundance. Phosphorus is found in sea foods, fish, lettuce, egg yolks, spinach, asparagus, radishes, cauliflower and cucumbers, nuts, peas, lentils, and wheat.

Sulphur:

Sulphur is also a cleanser of the blood. It is the natural enemy of obesity and rheumatism. Sulphur purifies and tones the system; intensifies the feelings and the emotions. Sulphur is found in spinach, cauliflower, turnips, red radishes and tomatoes, shrimps, chestnuts, mustard greens, asparagus, carrots, cabbage, onions and horseradish.

Magnesium:

Magnesium is the element that supplies the elastic quality to the intestines and muscles. It drives away and reduces the chances for hernia; it helps the intestines to function in a normal way. It relaxes the nerves, cools the brain and refreshes the system. It tones up the muscles. It is to be found in spinach, lettuce, cucumbers, tomatoes, grapefruit, oranges, barley, corn, wheat, limes and figs.

Nitrogen:

Nitrogen is needed for bone and body and is found in protein foods. Lack of nitrogen in the human body always brings constipation.

Oxygen:

Oxygen is found everywhere, in water, air and vegetables.

Carbon:

Carbon is found in foods heavy in oil and sweets. Too much carbon clogs the system and prevents proper elimination.

Fluorine:

Fluorine adds the enamel to teeth and preserves bone. It resists disease, beautifies, strengthens tendons and knits bones. The following foods have fluorine: Cauliflower, cabbage, cheese, goat's milk, spinach, tomatoes, many grains, and cheese.

These are the principal elements in the blood and go to make up the salts that compose a normal body. He who feeds on these elements as supplied by Nature and cooked in the proper way, will not suffer from any disease.

In feeding for health one must bear in mind proper ratio. Therefore, a glance at the following ratio of salts for the average body will help.

The human body contains: 2 pounds of calcium; iron, 44 grains; magnesium, 12 grains; potassium, 300 grains; phosphorus, 1 pound, 12 ounces; chlorine, a small quantity; sodium, 116 grains, and silicon, a small quantity.

In a normal body there should be a ratio of four parts alkaline to one part acid.

The acid-forming foods are meats, fats, sugars, starches, refined flour, gravies, nuts and white of egg.

Alkaline reactive foods are, first, citrus fruits, all fruits, green vegetables, milk and egg yolk.

It must be borne in mind that the majority of people eat too many acid-forming foods in proportion to the alkali reactive foods.

The citrus fruits are the highest alkaline reactive foods and when eaten in great quantities will help to restore a balance in the system. The acid foods give hydrochloric acid to digest all foods, but if foods of this kind are eaten in too great abundance, an acid stomach results—then follows acidity in the blood. Acidity in the blood forms a feeding soil for bacteria. The alkalinity in the blood stream gives life and destroys bacteria. Vegetables will not grow as well on the road as on good rich soil, and bacteria cannot grow in alkaline blood.

FOOD TABLE

Showing Percentage of Food Salts

	Total Salts	Potassium (K_2O)	Sodium (Na_2O)	Calcium (CaO)	Magnesium (MgO)	Iron (Fe_2O_3)	Phosphorus (P_2O_5)	Sulphur (SO_3)	Silicon (SiO_2)	Chlorine (C_1)
Strawberries	65.00	13.72	18.53	9.23	.....	3.73	7.97	2.05	7.82	1.10
Figs	41.00	11.63	10.77	7.75	3.78	0.60	0.53	2.77	2.43	1.10
Watermelons	40.00	18.00	3.75	4.00	2.10	1.75	5.60	2.10	7.60	1.16
Oranges	38.15	18.62	0.95	8.65	2.03	0.38	4.70	2.00	0.25	0.29
Prunes	37.75	18.28	3.41	4.34	1.36	0.94	6.03	1.21	1.19	0.15
Cherries	34.60	17.94	0.76	2.60	1.90	0.69	5.54	1.76	3.11	0.48
Apricots	33.60	19.68	3.76	1.08	2.89	0.46	4.52	2.01	1.42	.....
Olives	33.40	27.02	2.52	2.49	0.06	0.31	0.46	0.36	0.22	0.06
Apples	33.00	11.78	8.61	1.35	2.89	0.46	4.52	2.01	1.42	.....
Bananas	32.40	16.20	0.80	0.25	0.32	0.10	2.03	0.21	.....	2.47
Gooseberries	29.00	11.22	2.87	3.54	1.70	1.32	5.71	1.71	0.75	0.22
Pears	25.60	14.00	2.17	2.05	1.52	0.25	3.90	1.45	0.38	.....
Grapes	25.20	14.16	0.35	2.72	1.06	0.45	3.93	1.41	0.70	0.38
Peaches	17.60	9.63	1.50	1.41	0.92	0.18	2.67	1.00	0.26	.....
Spinach	191.00	21.71	57.42	22.73	12.22	6.40	19.58	13.18	8.60	12.03
Lettuce	180.70	67.94	13.55	26.56	11.20	9.40	16.62	6.87	14.64	13.82
Celery	180.00	48.60	65.25	14.70	6.75	1.60	14.50	6.50	4.30	17.80
Tomatoes	176.00	82.50	32.90	11.35	13.55	1.00	10.75	5.00	7.75	18.00

Cabbage	123.00	45.33	11.68	21.65	4.90	0.86	11.07	17.10	1.10	10.45
Radishes	110.40	35.33	23.37	15.45	3.42	3.09	12.03	7.18	1.00	10.10
Cucumbers	100.00	41.20	10.00	7.30	4.15	1.40	20.20	6.90	8.00	6.60
Cauliflower	91.20	40.46	5.38	5.10	3.37	0.91	18.42	11.86	3.37	3.10
Asparagus	86.40	20.74	14.77	9.33	3.72	2.94	16.07	5.36	9.50	5.10
Carrots	69.00	25.46	14.63	7.80	3.04	0.70	8.83	4.45	1.66	3.18
Onions	48.40	12.10	1.55	10.65	2.55	2.20	7.25	2.65	8.10	1.35
Potatoes	44.20	26.56	1.33	1.15	2.18	0.48	7.47	2.89	0.88	1.55
Red Beets	41.65	8.45	21.60	2.50	0.10	1.00	2.55	0.50	2.00	2.95
Oats	34.50	6.18	0.59	1.24	2.45	0.41	8.83	0.62	13.52	0.03
Barley	31.30	5.10	1.28	0.02	3.92	0.53	10.27	0.93	8.98	.....
Whole Wheat	23.10	7.20	0.50	0.75	2.80	0.30	10.90	0.09	0.46	0.07
Rye	21.30	6.84	0.31	0.61	2.39	0.25	10.16	0.28	0.30	0.01
Corn	18.50	5.50	0.02	0.04	2.87	0.15	8.44	0.15	0.39	0.35
Whole Rice	16.00	3.60	0.67	0.59	1.78	0.22	8.60	0.08	0.42	0.02
White Flour	5.70	1.82	0.08	0.43	0.44	0.03	2.80	.....	.....	.....
Rice, Polished	4.00	0.87	0.22	0.13	0.45	0.05	2.15	0.03	0.11	0.01
Human Milk	34.70	11.73	3.16	5.80	0.75	0.07	7.84	0.33	0.07	6.38
Seafish	84.20	18.35	12.55	12.80	3.28	.....	32.13	.....	.....	9.60
Cottage Cheese	64.30	8.50	0.90	22.50	1.50	0.50	24.35	0.10	.....	11.20
Cow's Milk	55.50	13.70	5.34	12.24	1.69	0.30	15.79	0.17	0.02	8.04
Eggs	41.80	6.27	9.56	4.56	0.46	0.17	15.72	0.13	0.13	3.72
Meat (avge)	40.00	16.52	1.44	1.12	1.28	0.28	17.00	0.64	0.44	1.56
Beans	38.20	15.85	0.45	1.91	2.73	0.19	14.86	1.30	0.25	0.69
Lentils	34.70	12.08	4.62	2.18	0.87	0.69	12.60	.....	.....	1.61
Peas	30.03	13.06	0.30	1.45	2.42	0.24	10.87	1.03	0.27	0.53
Peanuts	24.30	9.27	0.21	0.95	2.29	0.27	10.60	0.45	0.05	0.23
Almonds	21.00	2.31	0.38	3.04	3.95	0.23	10.10	0.96	0.04	0.06
Cocoanuts	18.70	8.21	1.57	8.60	1.76	.....	2.18	0.95	0.09	2.50
Walnuts	17.40	2.20	0.17	0.97	2.88	0.61	10.10	0.22	0.12	0.12

Eat more and more vegetables and fruits and give the blood a chance to throw off the poisons.

As an acid stomach lacks fruits and vegetables, therefore, eat foods rich in the mineral salts that give health and life to the blood. Often people get an acid reaction from taking lemons (alkali) because of the hyperacidity of the stomach. The reaction is the same as when you put soda and vinegar together. How, therefore, can you alkalize the stomach? Can it be done by refraining from using alkaline reactive fruits? When you cease using alkaline fruits and vegetables the acids have their own way, and the stomach becomes saturated with acid. Citrus fruits become alkaline in their reaction shortly after being consumed. To have a sweet stomach one must eat alkaline foods.

In glancing over the food table, you will notice that spinach, lettuce, celery, tomatoes, cabbage, radishes and cucumbers are highest in all salts. If you had only those seven vegetables you could live well and be healthy. Learn to eat a balanced ration, remembering that if you do not feed the blood with the required salts, the blood will not be able to function for health. You must help the chemical factory within you do its work for you. Mashed potatoes, meats, gravies, pastries, eaten in great quantities bring acid and irritation. Learn to eat more vegetables.

CHAPTER V.

The Chemistry of Food

MANY dietitians place a ban on certain foods and vegetables and claim that they are harmful. For instance, one claims that onions are injurious. As a matter of fact, I eat them often and find them beneficial. Temperament must always be considered. Individuals differ greatly in tastes and requirements. Another specialist claims that starches and sweets will not combine with citrus fruits. Let me explain. I have done a little experimenting on chemical reactions. You can do it also. Acid fruits cause trouble, when eaten in combination with denatured sweets and starches. God, in His chemistry shop, combines natural sweets and natural acids in many fruits and vegetables, just as He blends all colors in the flowers on the mountainside. It is only when man tries to paint the colors on a screen that they clash. On the screen, as in man's laboratory, is lacking that Spiritual element that harmonizes all things. When man demineralizes or changes the

chemical content of nature's minerals then the chemistry of the food is changed. The sanest advice to give to the chemist of the kitchen is that she use, as much as possible, all fresh vegetables, with as little cooking as possible. In cooking, use a slow fire. Take more time to cook. Never fry in grease and never over-cook. Use the skins of fruits and vegetables when possible. Eat natural foods in the way God intended them to be eaten and you will not make any mistakes. Fancy cooking is often ruinous. Let the new KITCHEN CHEMIST experiment upon her own family.

Let her watch with care the results of her experiments upon her children. If they are subject to colds and other ailments, and the adults are not showing efficiency, then she knows that her experiments are not a success.

It is time for her to get busy and change her recipes and cook some other way. There are millions and millions of sick people in the world because of pernicious cooking.

I should like to advocate, in this little book, the science of good cooking and tell the mothers that theirs is the greatest job in the world. They can make it possible for their families to be healthy, happy, and prosperous. Too long have men fought the battle for a living against heavy odds

of poorly prepared meals, and they have failed in their business when they might have succeeded.

Let me say a word about the preparation of foods for human consumption. Vegetables and fruits are best raw, except the vegetables heavy in starches, such as dried beans, peas, potatoes, rice, etc. When choosing meats, fruits or vegetables, be careful to choose fresh fruit and vegetables, and wholesome, fresh meat. In preparing vegetables, always leave the skins on when possible, for in and around the skin of vegetables lie the rich salts for the human blood. Cook vegetables with little or no water and use less heat than you have been in the habit of using, with a longer time for the process of cooking to take place. Slow fire always brings better results for all foods. Especially should one be careful in cooking spinach. Spinach should not be cooked longer than seven minutes in the Rocky Mountain region and five minutes at sea level. Always cook potatoes with the skins on, when boiling or baking them. Never fry food in lard or grease of any kind other than the vegetable oils. Always broil or bake meats and use about twice as long a period for the cooking process of meat as you have used in the past. Eggs should never be fried. The best method of cooking eggs is to boil them. Put them in cold water and bring the water to a boil, turning off the heat and allowing

the eggs to remain in the hot water two minutes. Gravies are rich in uric acid and should be avoided, especially the gravies of red meats. Eat sparingly of gravy and never make it of white flour.

Never cook cabbage, because it takes nineteen pounds of cooked cabbage to equal one pound of raw, but you may cook cauliflower and Brussels sprouts over a slow fire for a short period of time. Be careful never to over-cook vegetables and meat, for fire always destroys the salts that are needed for the body. The finest meats are as follows:

Mutton, beef, fowl and fish. Veal and pork are hard to digest and are best left alone. Pork has too much fat, and besides, often carries disease. Veal is indigestible and should be avoided always.

Here is a model breakfast that might be taken as a sample by the good housewife:

Two oranges or a large grapefruit one-half hour before breakfast, if possible.
Whole grain wheat, with cream; and
Five rich, unsulphured prunes.
Dripped coffee.

A model luncheon:

Fruit or vegetable salad, with dressing made of lemon and oil.
Cottage cheese, pressed between some fruit or vegetable, such as prunes, pears, or tomatoes.

One slice of whole wheat bread.
Dates.
Tea.

A model dinner:

Broiled steak, with butter and lemon cubes.
Combination salad, with oil and lemon dressing, or mayonnaise made with lemon.
Turnips, carrots, beets and mixed fruits.

We recommend that after eating heavy protein foods, especially red meats, lemonade, made of one lemon and a glass of water, without sugar, be drunk. This helps to eliminate the uric acid poisoning found in all meats.

When foods are prepared and placed on the table, great care should be taken to cultivate cheerfulness at meals. This helps the gastric juices to flow normally. When eating, chew the food carefully, using no water or other liquid. Take care to masticate the food carefully so that the saliva of the mouth may moisten the food before entering the stomach. This helps digestion, for the alkali in the mouth is put into the food and helps to form a pepsin which digests the food. Happiness, laughter, joy, love and all these qualities of the mind help to make the stomach do its best work. One should never eat when angry or worried. This always injures the body. The stomach will cease to do its work and indigestion follows. Never eat in a hurry. Take time to eat. Make your business wait. You have your life to

live and your health to hold. After eating a hearty meal, arise and relax a few moments. Never expect to do any great mental work after eating a heavy meal. Your stomach must do its work first, for the greatest chemical factory in the world is in yourself and if given a chance, will work out your salvation and your health. The best time for elimination is after meals. It is recommended that you drink a great deal of water all the time. Be careful to drink pure water, or, better, the juices of fruits. This always helps the elimination process and washes away the poisons of the blood.

Here are some menus which I suggest for students of the new philosophy of life, in providing for the table:

BREAKFASTS

¼ tin Whole Grain Wheat, 4 chopped dates with milk and cream, fruit.

¼ tin Whole Grain Wheat, 2 chopped figs, honey or brown sugar, milk and cream, fruit.

¼ tin Whole Grain Wheat (no sugar), cream and milk, fruit.

Grapefruit, shredded wheat, cream, honey and peaches.

Orange juice, Whole Grain Wheat, cream and prunes, one egg, one slice rye bread.

1 or 2 soft boiled eggs, 1 grapefruit, 1 slice rye toast.

Waffle with honey, dish prunes.

French toast, glass orange juice.

1 glass orange juice, 1 dish whole wheat, 1 soft boiled egg on toast (whole wheat).

Baked apples and cream, dried beef, whole wheat toast.

Grapefruit (without sugar), soft boiled eggs, one slice of whole wheat bread and butter. If still hungry, eat more fruit.

LUNCHEONS

Vegetable soup, peanut butter sandwiches, orange juice, rye bread.

Salmon salad, baked potato, celery, whole wheat muffins.

Cottage cheese, carrot and celery salad, whole wheat bread, lemonade.

Mushrooms on toast, spinach, lemonade.

Cream of spinach soup, lettuce and tomato salad, prune whip, whole wheat bread.

Pea soup, fruit salad and head lettuce, shrimp salad, toast and tomato sandwich, lemonade, date sticks.

Toasted cheese sandwich, celery and carrot salad, lemonade.

Egg omelette, grapefruit, radish and celery salad, rye bread.

Combination salad (oil, lemon and salt), cottage cheese, whole rice pattie, fruit.

Salad of ground carrots, celery and nuts, whole wheat rolls or rye crisp, fruit. (Use lemon in mayonnaise instead of vinegar.)

Combination salad, nut bread, fruit.

Cottage cheese, cucumber, radishes and celery, whole wheat bread and butter, spinach, dates.

Nuts, celery and olive salad, lemonade, whole wheat bread.

DINNERS

Celery soup, baked fish, baked potato, spinach, cucumbers, grapefruit.

Chicken soup with whole rice, broiled steak, Brussels sprouts or cauliflower, dates and fruit.

Creamed chicken with pimento, whole rice, spinach, prune whip.

Vegetable puree (this is thickened soup of all kinds of vegetables), broiled steak (served with a slice of lemon), cabbage slaw (oil and lemon and salt), baked potato (cut out middle and add a little butter and eat skin and all).

Remember that all meats contain uric acid and should be eaten always with lemon juice which counteracts the poison.

Vegetable soup, broiled lamb chops (with lemon), whole rice, combination salad (lemon and oil) with celery, prunes.

Roast lean meat or fowl, cranberries, baked potato, spinach, prune whip, lemonade.

Chicken or turkey, cranberries (grated and mixed with honey, not cooked), cabbage slaw or tomato and cucumbers, baked potatoes, baked green pepper, fruit.

Baked whole wheat macaroni and cheese, mashed turnips, spinach, lettuce salad, prunes.

Panned oysters on toast, cabbage salad, mayonnaise, stewed tomatoes, parsnips, sliced oranges.

Baked fish, baked potato, spinach, cucumber and lettuce salad, baked apple with cream.

Broiled steak, carrots and peas, lettuce and tomato salad, potatoes boiled with skins on, lemonade, date sticks.

Mushrooms on toast, string beans, lettuce with mayonnaise dressing, orange juice, fruit jello.

Roast chicken, regular dressing, baked potato, celery, spinach salad, buttered carrots, lemonade, prune whip.

Broiled lamb chops, baked potato, new peas, Roman meal muffins, cabbage salad, lemonade.

Baked navy beans, spinach, cucumber salad, baked potato, lemonade, fruit.

Broiled steak and baked potato, baked onions, lettuce and tomato salad, lemon ice.

Baked navy beans, cucumber salad, preserved cherries, whole wheat bread, fruit.

Broiled fish sliced with lemon, parsley and butter, baked potato, baked apples, head lettuce, lemonade.

Chicken or turkey, cranberries grated and mixed with honey, cabbage slaw with oil dressing (using lemon in place of vinegar), baked sweet potato, baked green peppers, fruit.

VEGETABLE DINNER

Carrots, turnips, peas, string beans, spinach, celery, cottage cheese and green peppers placed between two layers of tomatoes, baked apples.

STUFFING FOR ROAST OR FOWL

Chop together: 1 onion, 1 carrot, ½ cup celery, 2 sprigs celery. Add 1 cup cooked brown rice, 1½ teaspoons salt, 1 tablespoon paprika, ½ teaspoon cloves, pinch sage. Add to above mixture: 1 cup drained crushed pineapple, ½ cup raisins, 2 cups fresh bread crumbs (whole wheat), blend together.

Baked fish with lemon squares, butter and parsley, whole rice patties, tomatoes, whole wheat raisin pudding with cream, lemonade.

RAISIN PUDDING

Two cups of toasted whole wheat crumbles. Add enough milk to moisten; one cup of seedless raisins and cinnamon. Cook for half an hour in double boiler.

WEEKLY MENU—DINNERS

SUNDAY

Mushrooms (peel and put in water for ½ hour), butter skillet, drop in mushrooms and heat slowly; add a little water, let steam 10 minutes and add cream and season with paprika and mace. Serve on toast. Green peas, tomato gelatin salad, baked apples, whole wheat nut cookies.

MONDAY

Salmon loaf baked (serve with lemon and parsley), baked potato (eat the skins), cold slaw, deep dish apricot pie without upper crust and made with whole wheat flour.

TUESDAY

Baked beans cooked the following way: Wash the beans carefully; boil in a pot for an hour and a half; then, placing them in a baking dish, add one tablespoonful of olive oil for each person; a pinch of salt; honey or brown sugar; lemon juice, one tablespoon per person; then flavor with pimento or other flavoring; bake for two hours, slowly. Combination salad with French dressing made with lemon, Boston brown bread, pears.

WEDNESDAY

Lamb chops, green peas, Waldorf salad (apple, nuts and celery) with mayonnaise dressing (made with lemon), bananas baked with lemon and honey.

THURSDAY

Chicken baked, stuffing to be made of whole wheat crumbs, sage, salt, olive oil, lemon; Brussels sprouts, whole wheat bread (one slice) and butter, salad of raw carrots and nuts, cranberry sauce (ground cranberries, honey and lemon), prune whip with cream, lemonade with honey.

FRIDAY

Baked halibut (served with lemon and parsley), baked potato, spinach, cucumber or cabbage salad (French dressing), Brown Betty made with whole wheat crumbs and served with cream.

SATURDAY

Roast beef, baked squash, cauliflower, whole wheat muffins with honey, baked apples and cream, lemonade.

RECIPES

SOUPS

CREAM OF CELERY SOUP

1 cup diced celery, 3 cups water, ½ teaspoon salt (cover till celery is done), ½ teaspoon vegex, ¼ teaspoon mace. Thicken with 1 tablespoon whole wheat flour mixed with water. Add 1 cup of cream at the last or ½ cup of cream and butter size of a walnut.

CREAM OF SPINACH SOUP

2 cups water in which spinach has been cooked, 1 cup minced spinach, ½ teaspoon vegex, ½ teaspoon salt, 1 tablespon whole wheat flour mixed to a paste with water. At the last add 1 cup of cream and dash paprika or ½ cup cream and butter size of walnut.

CAULIFLOWER SOUP

Made in the same water as spinach.

ASPARAGUS SOUP

Made the same as spinach soup.

VEGETABLE SOUP
(Without meat)

2 carrots (ground), 1 sprig parsley, 1 small can tomatoes, 1 green pepper, 1 cup diced celery, salt to taste, 1 teaspoonful vegex, 2 quarts water. Boil slowly till vegetables are tender. Add salt and vegex at the last.

FRESH MUSHROOM SOUP

Peel and dice 1 cupful fresh mushrooms, 1 pint water. Boil slowly till tender. Thicken with one tablespoon of whole wheat flour mixed with water. Boil slowly 5 minutes. Add dash of mace, butter size of a walnut, salt, ½ cup cream. When in cups add a dash of paprika. Serve with luncheon or light dinner.

CHICKEN GUMBO SOUP

Put into the liquor in which the chicken has been cooked, 2 cups okra (gumbo) cut in small pieces, 1 can tomatoes, ½ cup celery, ½ cup brown rice, 2 teaspoons salt, ¼ teaspoon paprika. Cook slowly till rice is tender. Either canned or fresh okra may be used.

FISHES

BAKED HALIBUT

Grease baking pan with Wesson oil, put in slice of halibut, salt, 1 teaspon oil, juice of half of lemon, pour a bit of cold water in pan. Bake slowly about 30 minutes —425 F. Baste frequently, add water if necessary. Remove to a hot platter, add slices of lemon and minced parsley and serve.

FINNAN HADDIE (SMOKED)

1 lb. of smoked finnan haddie. Put in greased baking dish, add water. Bake slowly ½ hour. Add butter and lemon juice. Serve with diced parsley on hot platter.

SALMON WITH GELATIN

2 lbs. salmon (cover with water), 2 bay leaves, a little allspice, peppers, 1 onion, 2 cloves, juice ½ lemon, salt. Boil all together until fish is tender. Take out fish and stir beaten white of an egg; boil one minute. Strain and add one package Knox gelatin. Break fish in large pieces and mould with liquor.

BAKED SALMON

2 lb. piece salmon, ½ lemon, ¼ cube butter, ½ teaspoon salt, ¼ teaspoon paprika. Put in deep bread pan. Tie heavy wax paper on it and bake in hot oven first. Decrease heat and cook about one hour or until it will leave the bone. Use juice in pan, add melted butter, lemon and parsley and serve in hot plates.

PROTEINS

CHICKEN TIMBALES

Breast of 1 good-sized chicken (raw), 1 cup soft bread crumbs, ½ cup cream, ½ cup milk, salt and paprika. Put

whole wheat bread crumbs, cream and milk on stove and boil. Put chicken throuhg grinder and add. Boil 2 minutes. Add 5 whites of eggs (beaten stiff) and stir into chicken. Butter cups and dust with fine dry bread crumbs. Fill 2/3 full with mixture. Place in pan of hot water and bake 25 minutes. Turn out, serve with mushroom or nut sauce.

CHEESE SOUFFLE

2 tablespoons butter, 3 tablespoons whole wheat flour, ½ cup scalded milk, ½ teaspoon salt, ¼ teaspoon paprika, ¼ cup grated chese, 3 egg yokes, 3 egg whites. Melt the butter, add flour and when well mixed, add gradually the scalded milk. Then add salt, paprika and cheese. Remove from the fire and add the yolks of eggs, well beaten. Cool the mixture and cut and fold into it the whites of eggs, beaten until stiff and dry. Pour into buttered baking-dish. Bake 20 minutes in a slow oven. Serve at once. An excellent dish for any meal.

SALISBURY STEAK
(For four portions)

1 lb. ground steak (without fat), salt to taste, 1 pinch sage. Put steak in deep pie or biscuit tin. Put under flame of broiler. When brown, place a few minutes in oven to cook from the bottom. Turn out on warm platter. Garnish with parsley and lemon.

FRESH MUSHROOMS

Allow 1 lb. for 6 portions. Peel or brush carefully with a vegetable brush; wash in salted water. Heat ½ cube butter in a skillet. Put in mushrooms, cover and steam 10 minutes. Add salt, a dash of mace, 1 cup of cream and let simmer 5 minutes. Thicken gravy with whole wheat flour if desired. Serve on whole wheat toast on warm plates.

SALADS

CABBAGE SALAD

1 lb. head of cabbage, shredded fine; ½ of 25-cent can sliced pineapple, cut into small pieces; ½ of 10-cent box marshmallows, cut into small squares, 1/3 cup blanched almonds. Mix together with boiled salad dressing and plenty of whipped cream.

PRUNE SALAD

Allow four prunes to a person. Soak large prunes over night in cold water. Let simmer but not boil till tender. When cold, remove pits and stuff with cottage cheese. Put on lettuce leaf and serve with mayonnaise.

VEGETABLE SALAD

On a crisp lettuce leaf put a serving spoon of shaved cabbage. 1 spoonful minced celery, 1 grated carrot, 2 sliced radishes, a ring of green pepper, mayonnaise on top.

TOMATO AND CHEESE SALAD

On a lettuce leaf serve one tomato which has been cut in half. Put between half a spoonful of cottage cheese. Serve with mayonnaise or French dressing.

AVACADO PEAR SALAD

Peel and cut into slices one avacado. On a lettuce leaf put alternate slices of pear and skinned grapefruit sections. Serve with French dressing made with whole salt, paprika, olive oil and lemon juice.

NEW YORK SALAD

4 slices pineapple, ½ cup celery, ½ cup nuts chopped, 2 Sunkist oranges, cream mayonnaise, lettuce. Arrange slices of pineapple on nests of lettuce leaves. Cut celery in slender strips, one and one-half inches long, and mix with nut meats. Pile in center of pineapple and garnish with four sections of Sunkist orange, free from membrane, laid symmetrically on pineapple. Pass dressing separately.

BREADS

WHOLE WHEAT MUFFINS

2 cups whole wheat flour, 2 teaspoons baking powder, 2 tablespoons butter or Crisco, 1 tablespoon honey or brown sugar, 1 egg, ¼ teaspoon salt, ¼ cup milk or ice water. If water is used, add one more egg. Mix egg and milk—add flour in which baking powder has been sifted. Melt shortening, add and bake in greased muffin pans 15 to 20 minutes in quick oven.

DATE MUFFINS

1/3 cup honey, ½ cup Crisco or Snowdrift, ¼ teaspoon salt, 2 eggs, ½ cup chopped dates (or raisins), 2 cups whole wheat flour, 2 teaspoons baking powder, ½ teaspoon cinnamon. Bake in greased muffin tins about 30 minutes. Have oven hot at first then turn down.

WHOLE WHEAT BREAD

3 cups whole wheat flour, 1 pt. sour cream, 2 eggs, 1 cup molasses, 1 teaspoon salt, 1 rounded teaspoon soda. Mix well and steam 3 hours. Put in oven and brown a few minutes.

NUT BREAD

3 cups whole wheat flour, 2 heaping teaspoons baking powder, 1 teaspoon salt (whole salt), 2½ cups milk, 1 tablespoon brown sugar or honey, 1 cup nut meats. Mix and put in buttered bread tin. Let rise in warm place about ½ hour. Bake slowly ¾ hour. Raisins or dates or figs may be substituted for nuts.

RYE BREAD

2 cups rye flour, 1 cup whole wheat flour, 2 heaping teaspoons baking powder, 1 teaspoon salt, 1¾ cups milk. Mix dry ingredients together, add milk, put in buttered bread tin and set in warm place to rise 30 minutes. Bake in slow oven for ½ to ¾ hour.

WHOLE WHEAT BREAD

2 cups whole wheat flour, 1 cup brown sugar, ½ teaspoon salt, 3 teaspoons baking powder, 1 cup walnuts, ½ cup raisins (cook for ten minutes and drain), 1 cup milk. Add raisins to dry ingredients and last, milk.

WAFFLES

1 egg (separate), 1 cup whole wheat flour, 3 tablespoons Wesson oil, pinch of salt, 2 heaping teaspoons baking powder, 1 cup sweet milk. White of egg beaten stiff and added last. Add shortening just before egg white.

CAKES

ICE BOX COOKIES

1 lb. Nucoa or Nutola, 2 cups brown sugar, ¼ teaspoon salt, 3 eggs, 1 teaspoon cinnamon or other flavoring, ½ lb. chopped nuts, 4½ cups whole wheat flour, 1 scant teaspoon soda sifted with flour. Mix with hands and form in 3 rolls on waxed paper. Put in ice box over night. Slice thin and bake in a moderate oven. This dough will keep in the ice box so all the cookies need not be made at once. Makes 150 small ones.

FRUIT COOKIES

Use above recipe, except in place of nuts use ground citron, orange or lemon peel and dates.

FRUIT COOKIES

½ cup butter, 2 cups honey, ½ cup chopped nuts and raisins, 1 teaspoon salt, cinnamon, cloves and allspice, 2 level teaspoons soda dissolved in ½ cup hot water, 5 cups whole wheat flour. Cream butter and honey, add spices and salt. Next add soda and then flour. Soften with one or two cups of milk and roll out to ½ inch thickness. Cut with biscuit cutter and bake in a moderate oven. Not rich and suitable for children.

GINGER COOKIES

1 cup Crisco or Snowdrift, 1 egg, 1¼ cups honey, 1 teaspoon soda, ¼ cup sour milk, ½ teaspoon salt, 4½ cups whole wheat flour, 1 teaspoon ginger, ½ teaspoon baking powder. Bake in moderate oven.

WALNUT COOKIES

2 cups brown sugar, 2 eggs well beaten, 1 cup butter, 3½ cups flour (whole wheat), 1 cup black walnut meats broken, vanilla, 1 teaspoon soda dissolved in ¼ cup warm water. Pack in roll, cover with oil paper. Let stand over night in ice box. Slice thin and bake.

OATMEAL COOKIES

½ cup of Crisco, 1 cup brown sugar, 1 cup oatmeal, 2 cups whole wheat flour, 2 eggs, 7 tablespoons sour milk, spices may be added, to taste; broken nut meats and chopped raisins, 1 teaspoon salt, 1 teaspoon soda, 1 teaspoon baking powder. Drop on greased tins, flatten out slightly, and bake in a slow oven.

MOLASSES WAFERS

Put a cupful molasses and ½ cupful of butter into a small saucepan and bring it to boiling point. Remove from the fire and sift in three cupfuls of sifted flour in which a level teaspoonful each of soda and salt have been mixed. Roll out on a floured board as thin as possible and bake in a medium oven. The wafers are very delicate. If desired, a teaspoonful of vanilla may be added, or a teaspoonful of orange flower flavoring, or a teaspoonful of ginger syrup.

DESSERTS

BAKED APPLES

Core large cooking apples. Fill hole with honey, a few raisins, nuts and dash of cinnamon. Cover the bottom of pan with water and bake in a slow oven till tender. (Delicious.)

FIG OR DATE PUDDING

2 eggs, 1 cup brown sugar, 1 cup dates or figs, 1 tablespoon baking powder, 2 tablespoons whole wheat flour, 1 cup nuts. Mix in order given. Bake in a very slow oven 30 minutes. Serve with cream.

STEAMED APPLE PUDDING

1 cup whole wheat bread crumbs, 1 cup finely chopped apples, ½ cup melted Crisco, ¾ cup brown sugar, 1 teaspoon nutmeg, ½ teaspoon salt, 1 teaspoon baking powder, 1 egg, well beaten. Steam three quarters of an hour. Serve with any sweet sauce.

STEAMED ORANGE PUDDING

¾ cup scalded milk, ½ cup bread crumbs, 1 tablespoon butter, 2 eggs, ¼ cup sugar, ½ orange rind and juice, 1 tablespoon lemon juice, 2 tablespoons chopped almonds. Pour milk over crumbs and butter and let stand a while, beat eggs, add sugar and beat again, add fruit and almonds and mix together. Steam 1 hour and serve with hard sauce. HARD SAUCE—One-third cup of butter, 1 cup of powdered sugar, 1/3 teaspoon lemon extract, cream, butter, add sugar gradually, then flavoring. Beat smooth.

DATE STICKS

1 cup honey, 1 tablespoonful butter or Crisco, ½ teaspoon salt, 1 tablespoon hot water, 2 well-beaten eggs, 1 teaspoon baking powder, 1 lb. chopped dates, ½ cup chopped nuts, 1 cup whole wheat flour. Put in greased cookie pan and bake in a slow oven 25 minutes.

GINGERBREAD

½ cup New Orleans molasses, ½ cup brown sugar, ½ cup Snowdrift or Crisco, ½ cup boiling water, 1 egg, 2 cups whole wheat flour, 1 teaspoon soda, 1 teaspoon ginger, 1 teaspoon cinnamon. Bake in moderate oven.

MERINGUES

Whites of 3 eggs beaten stiff, 1¼ cups brown sugar, 3 teaspoons baking powder, 1 teaspoon vanilla or maple flavoring. Add baking powder to sugar, mix slowly with beaten whites. Drop from spoon 2 inches apart on unglazed paper in cookie pan. Bake 30 minutes in very slow oven.

BUTTERMILK CAKE (FRUIT)

1 cup dates, 1 cup nuts; 1 lb. raisins, 1 lb. currants (or two lbs. raisins); ¾ cup Nucoa, 2 cups brown sugar, 2/3 teaspoon salt, 2 teaspoons cinnamon, 1 teaspoon nutmeg, 2 cups buttermilk, 2 teaspoons soda, 1 qt. whole wheat flour, rind of 1 orange, 1 egg, figs if desired. Bake in two loaves one hour.

APPLE SAUCE CAKE

Cream together 1 cup of sugar and ½ cup of shortening, 1 teaspoon salt, 1 teaspoon cinnamon, 1 teaspoon nutmeg, 1 cup chopped raisins, 1 teaspoon soda in a little warm water, 1 large cup of sour apple sauce, 2 cups of flour. Bake in a loaf cake, 40 minutes.

FOR AFTERNOON PARTY

ORANGE ICE

2 cups water, 1 cup honey, 1/3 cup Sunkist lemon juice, 1 cup Sunkist orange juice, few gratings Sunkist orange rind. Boil water, honey and Sunkist orange rind five minutes; cool; add Sunkist lemon and orange juice; strain, and freeze, following directions for lemon ice.

LEMON ICE

Boil 1 1/3 cups honey and 3 cups water 5 minutes; add ½ cup Sunkist lemon juice; cool, and strain into freezer. Pack with 3 parts ice to 1 part salt; let stand 5 minutes, then freeze until stiff. Remove dasher, pack mixture down into freezer, drain off salt water, repack freezer with 4 parts ice and 1 part salt, and leave to ripen until needed.

MAPLE SPONGE

1 envelope Knox gelatin, 1½ cups cold water, 2 cups brown or maple sugar, ½ cup hot water, 2 egg whites, 1 cup chopped nuts. Soak gelatin in cold water 5 minutes. Put sugar and hot water in sauce pan, bring to boiling point, let boil 10 minutes. Pour syrup gradually on soaked gelatine, cool, and when heavily set add stiffly beaten whites and nuts. Let stand in ice box. Serve with soft custard made with yolks.

HOLLYWOOD CAKE FOR AFTERNOON PARTY

3 eggs beaten separately, 1 cup brown sugar, 2 cups chopped nuts, 2 tablespoons whole wheat flour (measure after sifting), add 1 teaspoon baking powder. Mix yokes with sugar, add nuts, flour and baking powder. Fold in lightly, beaten whites. This makes 2 layers. Bake 25 minutes in slow oven. When cool, spread whipped cream

between layers or on top. Put in ice box 2 hours or longer. Cut in squares about 4 inches. Top with cherry.

HEALTH CONFECTIONS

Those of you who crave sugar, use this sugarless method of making candies as outlined by Miss Harriet Dewey, Grand Junction, Colorado:

PEANUT CHEWS

1 pint strained honey, 1 lb. roasted peanuts. Method: Boil honey until a bit forms a soft ball, when dropped into cold water; stir in the peanuts, which should be ground very fine. When cool enough to handle, mold into the size and shape of peanuts. Any nut may be substituted for the peanut, or fresh cocoanut put through the food chopper. If fresh cocoanut is used, be sure that it is not sour.

SMOTHERED DATES

½ pt. strained honey, ½ lb. dates (seeded), 1 egg white (beaten stiff), cocoanut. Method: Boil honey until a bit snaps when dropped into cold water. Pour this into the stiffly beaten egg white and beat about 1 minute. Roll dates in this, then roll in the cocoanut. Either shredded cocoanut or fresh cocoanut put through food chopper may be used.

MADRID CONFECTIONS

1 cup dates (seeded), 1 cup figs (pressed), 1 cup raisins (seeded or seedless), 1 cup walnut meats. Put all through food chopper, mix thoroughly, roll out about ½ inch thick, cut in bars. A bit of orange skin ground in improves the flavor. When boiling honey, watch it closely, as it cooks and burns quickly.

FRUIT CANDY
(Good for children)

Grind up in equal proportions, figs, dates, prunes and raisins. Roll them with a little honey in round balls and then cover them with nut crumbs. This will make the children grow and add strength to their legs and take away the desire for white sugar candy that harms them. Boils, colds and congestions come largely from white sugar products.

CHAPTER VI.

Care of the Sick.

SICK people require the best of care and attention, because they are usually sick in body, mind, and soul.

Foods must be chosen that are easily digested. Do not choose foods that require two or more hours to digest. The following edibles are suggested, because they are digested in an hour.

All leafy vegetables, all succulent vegetables, citrus fruits, cherries, figs, raisins, grapes, raw saur kraut, dried peaches, apricots (unsulphured), prunes well soaked, dates, buttermilk, cream, milk, brown rice, maple syrup, maple sugar, chicken broth, spinach, squash, baked potatoes, green peas, spring onions, ripe olives, green corn, asparagus tips, celery, young beets, broiled steak and broiled mutton.

Choose the freshest and the crispest fruits and vegetables. Cut down on the starches and sweets. The chief starch offenders are the following articles of diet: Cereals, wheat (denatured by

manufacturing), polished rice, mushes, cakes, puffed or flaked cereals, ripe legumes, Irish potatoes, sweet potatoes, a few nuts, Hubbard squash, parsnips, green bananas, tapioca, sago, corn starch, corn, macaroni and spaghetti. These usually bring on trouble. At least they have helped to make it possible for disease to take hold in the blood. Great care should be taken to clean the foods and prevent any infection entering the blood because of dirt. The meals should be daintily served, with variety. Poorly cooked foods during this period just block the patient's recovery. Do not overcook.

Seek to alkalinize the blood stream by using citrus fruits in abundance, and leafy vegetables. Citrus fruits are best. Sick people are acid carriers. They need alkali to bring balanced harmony. Alkali destroys germs. Lemons are best at the job. Set them to work. Seek elimination through the four channels described. Use an enema if necessary for bowel eliminations. *When possible put the patient through a four- to seven-day elimination.* When the poisons are eliminated the patient will get well. Watch the process of fermentation carefully. If the patient makes gas immediately after eating, something is wrong. The acid content of the stomach is too high. Alkalinize! Begin with a little orange or lemon juice and increase the dose as the hours go

on, till the patient feels no more bad effects. Try to bring cheerfulness to the patient—always speak hopefully, always encourage him to put up a good fight. You can help him greatly by doing just this. Laugh and smile in his presence in a sympathetic way. Never bore your patient. When you bore him, go away and stay away. You are not helping him, but hurting him. His mental attitude counts greatly in the battle for health. Lead him gently to pray without embarrassing him. Teach him to have Faith in God. Let him go to sleep rejoicing.

Common Ills

And How to Treat Them in a Simple, Natural Way.

Acne:

When blackheads, pimples, scales and postules appear on the face of a child he has what is called acne. The age of puberty, because of changes taking place, often produces skin troubles. The skin is affected, because of errors in diet. The trouble comes chiefly from greasy foods, doughnuts, fried foods, pastry and too much candy and sugar at meals.

The healing comes through diet. Cease eating greasy foods, candy and pastry, and go on a seven days' elimination for quick results. Then eat properly, of vegetables and fruits in abundance. Strive for three eliminations daily, that the poisons may be removed. Stimulate the skin by frequent bathing and rubbing with a coarse towel. Learn to breathe deeply and to play vigorously.

Anemia:

This condition is caused by oxygen and iron starvation.

Healing: Feed food having largest quantities of iron. See Food Table. Give patient as many oranges as he will eat, from twelve to twenty-five per day. Seek two eliminations per day, through enemas, if necessary. Make patient practice deep breathing in fresh air. Give the patient sun baths, exercising care, at first, until the skin becomes used to the rays. Expose the skin a few minutes, and increase exposure daily. When possible give the patient gentle exercise each day.

After the first week of orange diet and iron-bearing vegetables and fruit only, begin to serve the patient vegetable protein meals with vegetables rich in iron. A little mutton, beef or fowl is good. Serve with two meals, Whole Grain Wheat. It is also highly recommended by many good doctors that liver served several times per week will help restore a balance in the blood of anemic people. Keep giving him oranges for many months, until he is entirely recovered. Add each week a little more natural wholesome food to his diet. Take away from him all starches and sweets, except those found in small quantities in natural foods.

Asthma, Hay Fever, Colds, Sinus Troubles:

All those maladies come from mucus which is manufactured by the intestines from denatured foods, sugars and starches.

Let the patient cease eating starches and sweets, and feed upon protein foods, vegetables and fruits.

Hay Fever comes from overeating of denatured foods and chiefly starches and sweets. The mucus irritates the mucous membrane of the nose when disturbed by pollen. Let the patient go on a seven days' elimination and then go on a diet chiefly composed of proteins, vegetables and fresh fruits. Tell him how to breathe deeply.

Colds may be treated by a fruit fast for a couple of days. Drink orange juice or lemonade constantly. Cease using white sugar and white flour products.

Catarrh comes from the same source as hay fever. Go on a seven-day elimination diet, and cease eating sweets and starches.

Asthma comes from the mucus manufactured in the intestinal tract from denatured foods. Let the patient

go on a seven-day elimination, and learn to breathe deeply as described in this book. Teach the patient to eat natural foods.

The *Mucus-forming* foods are white flour products, white sugar products, white salt, fat of animals, and other denatured and refined foods.

Arthritis:

Many arthritis sufferers lack calcium and should be fed rich calcium foods. Take a seven-day elimination, as prescribed, and then eat no more sugars and starches until thoroughly well. Drink the juice of at least twelve oranges daily. Eat foods that are heavy in magnesium also. Eat in the proportion of 2 protein, 3½ fruits and vegetables and ½ sweets and starches (natural). Where joints are angry, use Epsom salt packs on swollen parts. If the joints are painful, remain quiet for many days until the pain subsides. Cultivate a cheerful disposition and have faith in God. Be determined to win the battle by being temperate in eating.

Burns:

The following healing process is highly recommended by Dr. Hauser:

First, spray the burned part with a solution of Mediterranean Salt, using one level teaspoon of salt to a glass of hot water. Then, cover the burned area with vitalized vaseline or olive oil, which is made by mixing equal parts of vaseline or olive oil with lemon juice, strained. Keep covered well with mixture until healed. There will be no scar.

High and Low Blood Pressure:

High blood pressure is due to a hardening of the walls of the arteries, or a thickening of the lining.

To overcome this, let the patient take a seven-day elimination or fruit fast. After that a return to a normal diet of the following proportions: Two parts protein foods, three and one-half fruits and vegetables, one-half starches and sweets. The vegetables taken should be those especially high in chlorine and sulphur.

Low blood pressure is a flabbiness and enervation of the arteries.

Those who have this condition are in danger of diabetes, cancer and tuberculosis.

For correction, a seven days' elimination, then a return to a properly balanced ration of diet such as that used for high blood pressure, using chiefly the vegetables that build elasticity and pep. Those containing potassium, phosphorus and iron.

In cases of high and low blood pressure, we recommend daily: Twelve oranges or 6 lemons, deep breathing, walking in the open air from one to two miles. This will oxidize the blood stream and tone up the entire system.

Constipation:

Constipation is the most common disorder of the body and comes from one or all of the following: A long misuse of foods, poor breathing, laziness and a lack of the proper mind toward God and man. For those who are suffering, let them take a seven-day elimination, then, when on a regular diet, refrain from starches and sweets; eat proteins, vegetables and fruits. Let them learn to breathe deeply; take long walks; massage the lower bowels several times a day, and before rising in the morning, distend the abdomen, hold, and suddenly relax. Pray to the good Lord for help and give themselves suggestions of relief and elimination, so that when the morning comes, they will find relief. Set two, better three, times a day for eliminations, and work at it. Let them work at elimination as diligently as they do their business, for elimination is more important than eating. Eat foods filled with sulphur, chlorine and sodium salts until relief comes.

These are the eliminators: Prunes, figs, oranges. If relief does not come, seek an experienced doctor and have the colon washed out. See Colon.

Care of Children:

Mothers should be careful to feed their children a balanced ration, with starches and sweets cut to the minimum. Starches and sweets (denatured) cause decayed teeth, boils, sores, colds, asthma, hay fever, bronchitis, tonsilitis, etc., etc.

Place a basket, on the dining room table, filled with dates, nuts, raisins, apples, grapes and other fruits in season and say, "Now, my dears, help yourselves." You

will weather a winter without sickness. Feed foods heavy in iodine, while they are developing the thyroid gland. Their glands begin to show up as a prominent part of the body at an early age. Also feed foods heavy in calcium salts.

Mothers cannot be too careful about the elimination of poisons through the four channels. Wash the children's feet daily. Out through the soles of the feet seep many poisons of the body. Clean socks daily are necessary for health. Encourage the children to play out of doors. Keep after them till they walk erect with shoulders back and firm step. Show them how to play fairly, and to talk pleasantly. Teach them to have Faith in God and man. Show them by example how to pray.

Deafness:

Deafness comes mostly from catarrhal clogging.

First go through a seven-day elimination process. Then return to regular, wholesome diet of proteins, vegetables and fruits. Manipulate the lower lobes of the ear by pulling them gently up and down, back and forth. Make two cups of the hands and press them against the ear, making a suction, and rub around the ears gently.

Never put anything in the ears smaller than the elbow.

Care of the Eyes:

Eyes are muscular instruments and can be kept up to standard if the owner will eat properly of foods that strengthen and make supple the muscles and care for the nerves. Nitrogen and phosphorus foods are best. Eyes are always affected by the intestines.

If eyes are beginning to show strain, get busy and go through a seven-day elimination, cleansing the blood stream and eliminating the colon. Then set to work and exercise the eyes in the following manner: Sit in a comfortable position and look a long distance for a few minutes and then suddenly flash the eyes to a near object. Take care to see distinctly the object of your search. Second exercise consists of rolling the eyes in the socket in one direction and turning them after a few rounds in the opposite direction. Third exercise is

to look up and then down to the right and then to the left, then half way between these four points. Rest. Fourth exercise consists in blinking at the rising sun or the setting sun. Here the radio active ray penetrates into the inner eye.

Practice this daily for weak eyes. For crossed eyes do the same exercises. The mind must be made to function also. Think health of eyes. Let the soul also take its part in an earnest yearning and prayer that God rewards all who obey the Law and do the right. Your prayer will be answered.

Goitre:

Goitre is a common disease and may be healed.

Use natural salt, containing iodine. The Thyroid gland is starved for iodine. Eliminate for seven days and feed chiefly on iodine foods. After elimination, eat Whole Grain Wheat twice a day. Postassium foods are good, also dandelions. Eat according to the plan: Three, Two, and One. Place an Epsom salts pack upon the swollen gland upon retiring, for two or three nights.

Have Faith in God! Stop worrying!

Headache:

Nearly every headache is caused from stomach fermentation, female troubles or extreme nervousness. The higher the pain on the head the lower the cause of it in the abdomen.

Seek two or three eliminations a day and cease eating starches, sugar and denatured foods. Eat according to the plan of Three, Two, and One.

Heart Troubles:

Valvular weakness comes from one of the following causes: Overeating and drinking of liquids; excessive use of starches and sweets; improper combinations; starchy foods and over-exercise.

These all can be overcome by reversing the process. Cease violent exercise; cut down sugar and starchy foods; eat asparagus, cucumbers, lettuce, parsley, endive, tomatoes, in abundance, besides rich protein foods. Eat according to the plan of Three, Two, and One. Eat food

that strengthens the muscles, for the heart is a great muscle. Nitrogen foods are for muscles.

Hernia:

He who eats nitrogenous foods and vegetables in proportion need not fear hernia. Eat magnesium foods; this supplies the rubber muscle needed in the intestines.

Insomnia:

Eat phosphorus foods in the green vegetables, with balanced ration. Take long walks daily, and when the patient goes to bed, trust in God and forget the troubles. People do not go insane through insomnia. Nature will take care of that, and though the patient may not sleep all night, that won't hurt him.

Expectant Mothers:

The expectant mother must take great care to be happy and full of faith for the coming child. Her attitude of mind must be serene and joyful. It is a glorious thing to be a mother. A mother shares with God in the creation of the race. She is God's handy worker in His vineyard.

Gentle exercise, accompanied by deep breathing, helps. She should eat largely of proteins, fruits and vegetables. Calcium foods should be large in her diet. She must leave out starches and sweets almost completely, so that when the baby is born, she will find that the child will be healthy and small.

Indigestion: or the Traveling Man's Companion:

Indigestion or fermentation leads to ulcers and ulcers to cancers. Fermentation is caused from a continued overeating of starches and sweets. In plain words, the Traveling Man's Companion requires corn beef, ham and eggs, vinegar, pancakes, fried foods, doughnuts, hurry and worry!

Let the salesman order vegetables, baked potatoes, fruits and broiled steaks. Eat only one slice of whole wheat bread per meal; eat soft boiled eggs; order citrus fruits, baked apples and cream; prunes and figs. Eat salads, asking for a lemon and oil. Let him make his

own dressing. Let him carry his own lemon squeezer and consume a half dozen lemons a day in water without sugar. This cuts the grease.

Obesity:

Those suffering from obesity must stop eating sweets and starches, always, and begin to eat fresh vegetables. We would recommend that they take a seven-day elimination, followed by a scientific feeding on proteins and vegetables and fruits. Leave denatured foods absolutely alone. Cut down on potatoes, pastry and cake.

Rheumatism:

Rheumatism comes from eating denatured foods, bad combinations, too much sugar and starch in pastries, cakes and candies.

Put patient on a seven-day elimination as prescribed. Strive for three eliminations daily. On the second and third week use the following foods:

Breakfast—One-quarter can Whole Grain Wheat with cream and six prunes.

Luncheon—Salad of all vegetables that are fresh on the market. Use oil and lemon dressing.

Dinner—Salisbury steak, cooked or raw vegetables. Lemonade without sugar.

During these weeks drink the juice of six lemons or twelve oranges per day.

The fourth week use the same breakfast. For luncheon add a few nuts, cheese or soft boiled eggs.

Dinner—The following meats may be substituted every second day for the Salisbury steak: Mutton, lamb, fowl or fish. Cooked or raw vegetables. Lemonade without sugar.

During rheumatism one must remember that the blood needs alkali. The citrus fruits supply this deficiency. Fruits may be added to the dessert.

In all forms of rheumatism the patient must have a diet free from all starches and sugar.

From the fifth week on, if free from pain, the patient can go on a diet of Three, Two, One, as prescribed.

Tonsilitis:

Use lemon pack, half lemon and half water. In fevers, Epsom salts pack.

Give the youngsters orange juice, at first in spoonful doses and then in large quantities later. Take away all foods for the day, but oranges or vegetables. Stimulate the elimination through skin, lungs, stomach and kidneys.

Tuberculosis of the Lungs:

No one need be afraid of this disease who keeps up his resistance through wise eating of good foods in the Three, Two, One ratio. He must also cease worrying and cultivate a proper attitude of mind towards his neighbor.

For those who are already in the throes of this disease, we recommend that they watch their diet with great care; breathe fresh air constantly, and be happy as possible. HAVE FAITH IN GOD! Drink each day the juice of 12 to 20 oranges or the juice of 6 lemons without sugar in a glass full of water. This should be done between meals about an hour before eating.

Breakfast—One-quarter can Whole Grain Wheat with cream and fruits.

The fruits may vary from day to day. Use prunes, figs, dates, raisins, currants and such like. A little honey may be used to sweeten the wheat.

Dinner—(Best in the middle of the day) Salisbury steak, roast beef, broiled mutton, fowl, hare, mushrooms and fish are all good protein foods. This is to be eaten with a choice of two or more of the following vegetables, rich in calcium: Spinach, Swiss chard, asparagus, beet tops, turnip tops, lettuce, parsley, egg plant, string beans, young peas, cucumbers (with the skin), and artichokes. The idea is to eat a protein and fresh vegetable diet once a day. Eat all you can. Do not eat any denatured foods.

Supper—This should be composed of vegetables and fruits, both raw and cooked. One-quarter can Whole Grain Wheat with Cream and fruits. Be sure that the patient eliminates often in the four ways already described. Eliminate and alkalize!

For Tuberculosis of the Bones a lemon fast does wonders. Drink nothing but lemon juice and water for four days.

Ulcers of the Stomach:

Ulcers of the stomach come from an excess of hydrochloric acid. Use the juice of oranges many times a day. Use no starches or sweets. Beat the white of an egg stiffly, with a pinch of salt, and swallow. This mixture forms a coating on the lower bowel and keeps the acid from the lining of the stomach. Others recommend a pure milk and orange diet for days.

Varicose Veins:

In a case of this trouble, build up the blood by eating according to the plan outlined in this book, of 2 protein, 3 vegetables and fruit, 1 starch and sweets. Eat especially magnesium foods to strengthen the veins and the muscles. Also, hydrogen foods, citrus fruits, etc. Refrain from sweets and starches until healed.

A Few Vegetables and Fruits That Have Medical Value:

For liver troubles, eat tomatoes, dandelions, and onions.

For kidneys use parsley, parsnips, asparagus, and radishes.

Nerves are helped by saur kraut, lettuce, and spinach.

Mucus is lessened through tomatoes, and lemons.

Erysipelas and eczema are helped through mashed raw cranberries.

For the skin eat carrots.

For baldness eat silicon foods.

Oranges give courage.

Lemons give pep.

CHAPTER VII.

Care of the Mind—Mental Inhibitions

DR. B. GAYELORD HAUSER has discovered a method of eliminating poisons from the intestines and cleansing the blood stream, through the proper use of foods. We congratulate the Doctor for his wonderful discovery. I consider it one of the greatest discoveries yet made by man. I have found it beneficial for myself. I have given it to many who can also testify to its healing power. Now, in order that the elimination may be perfect, the mind of the patient must be sympathetic. I have found that many people do not obtain results because of inhibitions in the *subconscious mind.*

They are victims of a vicious mental process that inhibits the mind and it in turn inhibits the organs of the body, preventing them from functioning properly. I am therefore writing a series of articles on this important subject. It is well to cleanse the blood stream before one sets to work to eat correctly. It is also wise to set the mind in order before one may expect to be blessed in full. The mind and the body must work in harmony always. The inhibitions of the mind lie often under the surface and cannot be recalled by the memory.

They lie, as it were, in the soil of the brain and influence every organ. They are placed there during all the years of mental experience. They are experiences of fright or terror or happiness or inspiration. All impressions are pigeonholed in the minute brain cells for future use. So we find men with poverty consciousness or stingy consciousness, are but victims of terrible deprivation during their boyhood days. They never can

be helped till they have been rid of the subconscious hurts. Though the incidents have been forgotten, the seeds have been planted and will remain there till uprooted by a stronger mental process.

It is to be hoped that many suffering now may read and find a healing for their suffering. A body is never perfect till the mind has been made perfect.

We shall deal first with the inhibition known as *Timidity*. Every soul is troubled with this inhibition. Therefore it is well worth while to search into the mind and, finding it, cast it out. Upon examination, it is found to be but the reflex or offspring of uncontrolled temper. Every uncontrolled passion entered into since childhood has registered in the minute cells of the brain and nerve centers. Every time that temper has possessed you and thrown you into violent fits of passion, a mark has been made on the fine gray matter.

Every time that (as a child) you have rolled on the floor and kicked and squealed till you terrified your mother, you have written *Timidity,* the aftermath, on your soul.

Violent passion overworks the glands and compels the heart to tire itself out. When the pendulum swings up passion's way, it swings back into *Timidity's* lap.

The adrenal glands are of benefit, chiefly in adding extra strength to man's activity. When overworked they merely poison the system. A balanced mind can only come when the heart and the mind work together for the general good of the person. He whose head is overdeveloped at the expense of his heart is dangerous. Also he whose heart is softer than his head is in a fair way to great trouble. The head and the heart must work together for the general good of the man.

The temper is for big jobs, and then only in company with the heart. To use temper for vengeance is to destroy its usefulness. When you are in danger and have to exert your muscles quickly to save yourself, the adrenal glands will act immediately and give you the needed assistance. When you need help, extra help for some great mental strain, then will the adrenal glands exert their influence to give you the needed strength to accomplish the task.

Abuse these good co-workers and you will suffer.

Jesus Christ was a perfect example of a well-balanced mind. He was always calm, though often put to great trials. This was brought about by His perfect control of His glands. His temper was always His servant and never His boss. Very often His temper seemed to rise like a great tidal wave, sweeping all before it, but it was always softened with mercy and cooled with love. He never harmed a man nor struck a blow to injure anyone. Hence He never did a contemptible act nor said an unworthy word. As I contemplate the Master's mind I am amazed at His control and His gentleness. For, in the Master, temper ran deep and strong. It was this that made Him great and conquering. But He always controlled it. This is why the Master was never *timid*. He had never lost His temper, and hence there never had been a reaction. The best quality that a fine man possesses is his temper. It is as essential to his welfare as the cud is to the cow. If he loses it, he loses his life! but if he uses it well, he will thrive in body and soul.

All the cowards and timid ones are poor creatures who have consuming, uncontrolled tempers. All the murderers are but poor souls with unredeemed tempers. Therefore, seek to know your temper and set to work to rule in your own household. God will never entrust to you any great task as long as you have no influence over your temper.

Suppose God were to lose His temper some time. Where would we be? If you complain that you have no influence over other persons or animals, remember that you can have influence over all people and command over animals when you are captain over your *temper*. I would suggest the following things as helps in mastering yourself:

Go out often into the woods, fields and mountains and breathe in God's fresh air. Think of the Master Mind, dwelling calmly in the universe, controlling everything. Think of those magnificent laws that are obeyed by all things and animals, with man but the single transgressor.

Go into your private room and, sitting down, meditate on conquering the world after you have conquered yourself. Pray God to wipe away all bitterness and trouble.

Be still and listen to the voice of God, who will speak to the soul of the man who is master of his dwelling place. Ask God to help you subdue and utilize your temper for His work. Offer yourself to Him as a true son. Breathe in courage and exhale timidity. Say to yourself slowly, slowly: "I am a part of my Father. He gives me the world to work out my salvation. Help me to do it like a man. I am a real man, master of my body and mind. Help me to rule wisely. Lord, teach me to conquer by conquering my temper. Lord Jesus, I am thine and Thou art mine. Teach me so to live that I shall not regret what I do nor deny what I have said. May the peace of God dwell in my heart always to my credit."

Remain very quiet at least fifteen minutes and relax all muscles. Then rise, wash your face with cold water, and face the world with a new courage, born of God.

There is another inhibition back of Timidity that must be eradicated before the patient is freed from harm. Sometimes during childhood one is suppressed daily till made timid or inefficient. The worst crime against childhood is the crime of suppression.

A continual cuffing, silencing, and suppressing finally registers on the subconscious brain and ruins a child for life. Never suppress, but ever encourage children to show forth their best side. Show them the way and they will follow. Many children are fine in spite of their good-for-nothing parents. A child is trying all day to express his desires and to grow to the stature of a man. He needs help but not suppression. Do you want him to be an inventor, a writer, a leader? Then never suppress him. If you want him to be a mere drudge or plough-horse, then mold him into your own way of thinking. Make him a sausage if you want to, but never expect him to be anything all his life but what you have made him.

Lead him, guide him, and love him into a big man, or if a girl, into a noble woman.

And what shall we say about those who have been abused when children and made into unassertive slaves, filled with *timidity?* Let them assert themselves in the presence of God and seek His guiding hand back to their rightful position. They are His children and into their

hands has been given the care of this old world. When God created the world man was put in it to be the ruler. Let them repeat: "I am the Child of God and am here to attend to my *Father's business.* Slavery was never meant for me. I am free. May I fulfill my destiny and attain my object. Let every honorable desire burn as an inspiration within me forever. I am able to do all things through Christ, who strengthens me. I am an individual and as such must assert my individuality. I have a certain place in the affairs of this world and the world can only be made perfect through my efforts. Help me, O God, to fulfill that noble part for my brethren's sakes and thy *glory.* Amen."

When you assume your place among men become more aggressive with love.

After all, what is there to fear when we are guarded by Jesus Christ. He promises protection and ultimate success to all your undertakings. Set to work confidently with a mind on the Father and then win the game of life.

Get into the habit of thinking success and never failure. Fear not what man can do unto you. He is harmless when you are under the wing of God. He will not suffer any harm to come to you. For whatsoever suffering the early Christians endured they suffered willingly. Was not the great St. Paul warned against going to Jerusalem? Who warned him? The Holy Ghost warned him continually, but Paul entered into the court of danger with his eyes opened to the dangers. He sought trials that he might win the great prize. God will warn all who trust in Him, but those who will pursue their own ways, rather than those of the Lord, may suffer. But even then He will help in time of need. Why then FEAR? You are God's and He is yours. You are a partner in a great task here and should trust Him always.

How do you overcome fear? Overcome it by practicing *Faith* to the limit of your ability. Faith enables men to conquer all things. Fear freezes the marrow and renders the victim helpless.

The attitude of the mind has more to do with health and prosperity than any other factor of the human being. And the attitude of *mind* is influenced by the little

subconscious urges hidden away in the cellular matter of brain and cells. Certain tendencies are, after all, merely *sub-conscious urges* from former experiences, dating back even before birth. Often doctors are baffled by stubborn cases of sickness, only to find out when it is too late, that the patients were victims of inhibitions planted years ago. At first these impressions were open and affected men's minds openly. After a while they sank in the pages of the mind and, sinking deeply, ever afterwards disturbed the undercurrent of the man's life, often causing sickness and death.

It is surprising to know how much the mental attitude helps in all that man does. Nothing counts much until a man assumes the right mental attitude. It was pointed out to me the other day by an athlete that mere athletics were of no account unless the mind was stimulated in the exercise. Many a man goes to the gymnasium and, going through all the muscular work, finds himself little benefited. His mental attitude is wrong. The laborer, as a rule, is not handsome in body structure because his attitude of mind is not suitable for such development. He exercises only certain muscles and his body is often unevenly developed. If the same man would wield the pick and shovel with a song in his heart and joy in his mind, the work would stimulate his muscles everywhere and he would become a very Apollo. Knowing all this, we are very anxious to help those who will to remove their inhibitions that they creditably may run the race that lies before them.

The king of all inhibitions that infests mankind is *fear*. I would advise people to read Basil King's "Conquest of Fear." Fear has been the enemy of man since the beginning of time. Men first feared the elements, because he was struck down by them. He feared the water because he was nearly drowned. He feared the animals because he was chased by them. He feared his friend because his friend sometimes turned out to be his enemy and harmed him.

In fact, man as such, mere man, always fears that which he cannot explain. His imagination paints for him a wonderful and a frightful picture of ghosts and goblins. The slave in the Lord's day feared the master and the master feared the slave. Men in the Lord's day

were even more under the lash of an inexplicable fear than are the men of today. Constantly did He urge His followers to *fear not!* They were a fearful lot, those first disciples of the Truth. When He calmed the storm He rebuked them for their fear. They feared that they could not do the deeds of the Master nor accomplish the task set for them to do.

It was not till after the coming of the Holy Ghost that they learned not to fear—not even death! When the world beheld the lack of fear on the part of the Apostles many took counsel that these men had learned the secret of Jesus, the unafraid. They became bold and laid the foundation of a goodly Church.

In the mind of Jesus there is no fear and he who becomes a follower of the Master must first cast out fear.

Fear disturbs the metabolism of the body and sends the glands on a rampage. Fear tightens the muscles and congests the bowels. Fear blanches the face and overworks the heart. Fear is common to nearly all humans. And that sub-conscious urge, if not corrected, continues to do its deadly work even when the fear pain is gone. Men and women should never fear, no, never. They are not earth-born only, but of God.

Relax daily rather than exercise. Practice relaxation as your daily dozen. First tense the whole body slowly, beginning with the toes and the tips of the fingers. When the whole is tensed, gradually relax and in that inertness remain for fifteen minutes. Seek to find peace within yourself by uniting all your forces on one objective. A divided house is always fearful. Therefore, settle on a stated policy of life. Realize that God is your protector. In your reading note carefully the Gospel of St. Luke. This is the Gospel of great *Faith.* Here you see men and women conquer through faith supreme. Go thou and do likewise. Say slowly, "There is nothing to fear in this world but myself. God is the ruler and He is merciful and just. I fear not beast nor bird nor microbe. Not one of these creatures of the Lord can come nigh me while I fear not. Come, Lord, and help thy child to win in the struggle of life. I feel thine arms about me and I am safe. Thou hast promised protection and I have faith in Thy promise. Thou hast promised a greater physical life and I have faith

in Thy works. Teach me to obey the Law. I have no fear while I exert my influence with God. No harm can come near me—ever. Lord, I thank Thee for Thy protection. Help me to realize it through faith and to live it through faith always. Lord, teach me to face the sting of a biting tongue as courageously as I would a blustering storm. May the blows aimed at me be regarded as lightly as I would the hail pounding on my roof. When others scold and blame and strive to arouse me to great anger, may I walk more steadily as though walking on the edge of a cliff. If my step is unsteady, my destruction is sure.

"O God, teach me not to stamp my foot at the mud on a wet street: nor to beat the water when striving to swim to safety. May my security be so firmly planted in Thee that nothing can throw me off my balance. May the car I am driving be held with both hands with a little slackness for the bumps and stones. Teach me to drive with both eyes open and ears at attention, that no sound may disturb my progress to a safe journey in life. Teach me to control my own, lovingly, without blaming others for that which lies at my own door."

Now, child of God, arise and through Faith conquer the difficulties. Your fear is gone and the Lord is your guide. Put on the whole armor of God. Fight with the weapons of God against sin and never against your brother. Let not fear enter your house while you are a follower of God. He will protect you from all harm. Trust Him!

CHAPTER VIII.

CARE OF THE MIND—*Continued*

THE sub-conscious mind is a peculiar receptacle for all sorts of impressions; and the wise man will be on the alert to sweep from his attic all the harmful accumulations of the years, even since his early childhood.

Take, for instance, the *stingy* consciousness, as portrayed by many men and women, and let us examine it carefully. You will inwardly find that a man suffering from that kind of poison is, after all, only the victim of poverty impressions since childhood. He has never taken the time to examine the motives back of his meanness. If he would, he would be surprised to see how he became stingy. Here are some of the causes lying at the base of all stinginess:

The victim may have been pressed by real poverty during his early years or have heard much talk in his home about poverty. Perhaps all his generous thoughts were suppressed until he became soured. Perhaps he heard his parents constantly complain about their bad investments, or it may be that they were utterly depraved by stinginess. So the young fellow learned to *hold* what he *had,* for fear that it might slip away some day.

This man when young learned to play the game for what was in it and then to hold tight all that he had gained. So when the boy became a man he was what he had made of himself plus all the subconscious impressions. The undercurrent was

hidden from his eyes. For often the stingy man does not believe that he is stingy and would be amazed to find it out. Often rich men are very stingy.

When stinginess takes possession of a man he is doomed, in body as well as soul. This being so, it is worth our while to rid ourselves of every root of stinginess in our makeup.

Stinginess seeps into every cell of the body and tightens the muscles and contracts the arteries. It keeps on doing its deadly work till we suffer from constipation, gloom, and general toxemia. The glands are deterred from functioning, naturally, because of the tightness, and so we slip rapidly into old age. Look at the picture of a miser and you have the portrait of a man suffering in body and mind. He is starving physically as well as mentally. For the Law says that you only are rich in the things you give away. This Law is applicable to the *body* as well as the *soul.* He who starves his soul and mind will soon have his body starved also. *This is the Law.* A stingy man becomes a poor, undernourished soul and deserves our pity, but never our scorn. He is the sufferer. He is shut out from God and man. The atmosphere that he creates is not only depressing to himself, but deadly to all who come within his presence. He is unnatural and unlovely.

God is *generous* and to be like *God* one must be generous also. Cease to worry about what might happen should you give. *Just Give Freely!* A stingy person is never healthy (perfectly) for he is an outcast. Let every one who reads this get busy and test his soul. Be generous for a whole week. Let each day mean an opportunity to be generous. Give generously of yourself, your time and your money. Watch the effect of your generosity upon someone to whom you have been generous. Oh! what happiness will creep over you. You will be warm on the coldest day. Your muscles will relax and your heavy old heart will begin to pump with a new zeal. You will be

free for the first time in your whole life. The burden of stinginess will roll off forever. Read the Sermon on the Mount and dream of the Master until you have experienced some of His joy.

And in your prayers and meditations during those blessed seven days, say: "Lord, show me the Way through generosity to a thorough understanding of Thee and then I shall understand myself. I ask Thee, Father, for no reward save the chance to be generous in spirit to everyone."

Poverty Consciousness

We will now consider the question of Poverty Consciousness, the bane of nearly every life. Jesus strove every day of His ministry to banish from the minds of the Apostles the Poverty Consciousness, but failed utterly during His ministry. It was not till after the coming of the Holy Ghost that His followers became imbued with the Master's attitude towards material things. Once He sent them without money or overcoats or extra shoes into the midst of an austere, unconverted people. Of course they expected to be starved and penniless, but to their great surprise they had abundance of everything that was necessary in money, coats, shoes, and hospitality. Jesus asked them on their return if they had lacked anything and they replied, "Nothing!" But even this failed to make them believe that Jesus spoke truthfully when he declared over and over again that God would provide for all who pursued Righteousness earnestly. And to this day also Christians have been as slow of understanding as the stupid fishermen of old. It seems that the more education we receive the less trustful we become.

Let us consider some of the outstanding characteristics of Povery Consciousness. It is a disease of the mind, born of adversity. Often a child born in poverty is schooled in a poverty consciousness. The daily grind cripples the mind, paralyzes the ambition and ushers in both sloth-

fulness and disease. For no man is poor who does not admit it. Wealth is a relative term and embraces a wide territory. Often from babyhood a child has been discouraged and suppressed by being constantly reminded of the terror of poverty. After a while his little mind becomes saturated with it and terror takes possession of his subconscious mind. Poverty is the twin sister of stinginess and is born at the same time. Often the poor undernourished child who grows up in a home of want reaches maturity crippled mentally and physically. He is diseased in body and poverty-stricken in mind. Disease and poverty always walk together in the alleys of the poorer districts of a city.

What is that which will heal the poor, poverty-stricken, sensitive soul? The same as that which will heal the poor, undernourished body of the average poverty-stricken, broken body. *First,* good food and plenty of it for months; a thorough elimination of the intestines three times daily; a strenuous attempt to do some constructive work every day; a merry approach to some foolish hobby every day; natural sleep and natural deep breathing daily.

Second, an attempt to understand success in great and successful people. For example, Roosevelt, Lincoln and Jesus of Nazareth. Stimulate the mind through the best novels and music and the Bible. Seek an adventure through the Imagination and perfect it by trying to do it through God. Try to solve every problem that confronts you. Concentrate daily on a real mental task that requires effort on your part.

Third, seek God and His righteousness; *trust Jesus* and take His advice. He will provide you with all necessary money, clothes and amusements if you will elevate your mind to the understanding of the mind of God. When you have really found God you have found plenty, for is not He the owner of all that you see and cannot see? Who is more prosperous than the Creator? He is not poor but rich indeed; not only in Spiritual

things, but in the undiscovered diamonds and gold of all the hills. Do you think that He, Who is so rich, would be content to see you poor all your life? No; for if earthly parents know how to provide and lay up treasures for their children, do you think God will not give you some of your own inheritance when you really claim your sonship?

Therefore, claim your citizenship in Heaven and wait to receive it, and when you have received it, all the wealth necessary for your happiness and comfort will be yours. How dare you accuse your Heavenly Father of being less generous than your earthly father? Be happy in the understanding that everything useful is yours because you are the Lord's child.

It is this Spiritual prosperity first that will in the end inspire your whole life and give you great prosperity. Give now generously of all you have, rendering service to the great Provider. As you give to others you will be claiming your citizenship in Heaven! And in that sunshine you will have riches poured upon you. Try it for a week and another week until you have succeeded in obtaining a spiritual *prosperity consciousness*. I promise all you who pursue this diligently in love that you will find God a generous provider. What is wrong with a poverty body? The man has a Poverty Consciousness which has rendered him insensible to the guiding spirit of the Creator.

When you pray, say "I thank Thee, O Lord, for all that Thou hast given me. I am rich first if I know Thee. I am rich when I have claimed my Father and accepted Him! Then will I see the storehouse of God opened to me through Faith and Good Works—all that I need and more. Please, Lord, help me rid myself of the false idea that Thou art a poor provider!"

CHAPTER IX.

CARE OF THE MIND—*Continued*

LET us now consider how failures, slights, hurts, disappointments, faithlessness, self-pity and other kindred feelings lead to a diseased body, an impaired mind and a wondering soul. When the sub-conscious mind has had dumped upon it for years all these things, it becomes surcharged with incompetence. Then follow very soon the mind's inability to concentrate on any subject and the body's ill-health. It goes still deeper and, settling upon the glands, Nature's youth organs, it prevents them from secreting the life-giving fluids into the blood tract. Therefore, be it known that those who harbor to themselves all these moods mentioned at the beginning of this article eventually become diseased in body, mind and soul, or better, subject to disease. All victims of these inhibitions are an easy prey to all kinds of trouble because they form acidity in the blood tract, which increases the possibilities for microbes and disease.

To begin with, Nature has only one Law for the whole man. He that is sour in mind develops acidity in his body. He who is joyful in his spirit increases the secretions of the glands and encourages alkalinity in the blood. Alkalinity is the positive element of life, while acidity is the negative element. Therefore, he who through kindliness and spirituality lives in a joyful mood will keep his life positive and will easily fight all battles against disease, sin and death. Melan-

choly, after all, is a body infection or a bile disorder, brought about by vicious living, faithless thinking, or both.

Here is the terrible thing about this vicious circle: he who thinks in terms of self-pity, obtained from a long season of disappointments, slights, hurts, etc., will develop organic discord, and by this means the poor victim will accumulate more self-pity, and so he works up what we call a vicious circle. The body and the mind work together to destroy the man. At first the body may start the disorder or the mind may do the same, but when the vicious circle is started, perfect team work is done between the body and the mind. So it is very important that the man who wishes to become well and strong and keep his health, must cultivate a cheerful attitude of mind. No matter how splendidly he may live according to a perfect diet program, if his mind is sour, he will sour his stomach. If readers do not believe this, then I ask them to try an experiment upon themselves, for no one has to go to a doctor or a priest to find this out. The Law is written in everybody, and mind and self are the same, with little differences for personality or heredity or surroundings; the Law really is the same Law in all and goes through the spiritual life, the mental life and the body life.

We might delve a little into the subconscious mind and see how these inhibitions filter into the screen of the mind, especially with a mind that was sensitive during its childhood days—the more sensitive the mind, the more easily tortured by inhibitions: a slight at home or in school is registered indelibly upon the inner consciousness. It is then pigeonholed for a time. Then, as the child was never encouraged to be positive in life, he slowly was dragged down to the level of his unfortunate past experiences. It is, therefore, readily seen how careful parents must be about sensitive children, that they may encourage faith, hope and love toward all people.

Self-pity is Nature's way of compensating a poor, unfortunate, unsuccessful victim. He grows

to believe that nobody loves him and that the world is against him, whereas, as a matter of fact, he himself is not playing his part in a busy world. Such a person becomes a great egoist and tires all who meet him with his insinuations and senseless references to himself. Indeed, he is a sick man who, through self-pity, seeks commendation or praise. It is not fair to laugh at a man in this condition, but rather tenderly to help him to see the truth, to make him free from this terrible inhibition. The soul that is filled with a sense of self-pity always is intolerant of others. His tale is always the worst, or his story the most attractive, and he is always ready to give his tale and unwilling to listen to others. We cannot help him by mocking him, for this increases his acidity of blood and the hurt digs deeper and deeper into his very vitals. We must tackle the job by way of sincere pity and understanding. Tell him of the great deeds of others; show him how to conquer the world by *loving* more truly. Point out the way of doing for others; get him to see other people's side; interest him in the affairs of others by making him a helper. Force him to do a kind deed, showing him the happiness to be derived thereby. If you, dear reader, are suffering from any of these moods, strive to do for yourself what you would have others do. Read St. Mark's gospel through, for his is the Gospel of Power. Seek to know the Son of Man, for He was a real person who did a real job in a loving way. Set out on the Great Adventure of Life with Christ as your Great Leader. When you retire, retire with a smile upon your lips and sunshine in your heart. Tell yourself a good story or laugh heartily at some foolish thing that has occurred during the day. By all means, go to sleep feeling very, very happy. In the morning, when you awake, stretch your limbs and body to the fullest extent, yawn deeply, and spring with alacrity from your bed. Have breakfast; eat fruits, especially citrus fruits, and cease eating denatured foods, cutting to the minimum starches and sweets. After all this has been done, one

may be deficient even then, and this deficiency rests on the attitude of mind towards one's neighbors.

Now, for a moment, let us examine the saying of Jesus Christ in the Lord's Prayer, which I consider the prayer for radiance of mind and power of body: "Forgive us our debts as we forgive others their debts." In the Lord's Prayer, Jesus calls upon his followers to pray with a forgiving heart. All these inhibitions that we have been talking about will never depart from the subconscious mind until we have learned a proper attitude toward our neighbors. When we have learned to forgive as we expect to be forgiven, we will be free from our sins and from the bondage of the body and the inhibitions of the mind. Look, for a moment, at the great Jesus! He reviled not those who reviled Him, but forgave them freely. He called not wrath down upon the Samaritan villages, but blessed them. He prayed for those who nailed Him to the Cross. Do you know that the Lord's Prayer is a farce to all who say it with an unforgiving heart? This is why many of you pray in vain, for when you have an unforgiving heart, you place an iron door between yourself and God and you hold within yourself your sins, your inhibitions and the diseases of your body. This is the Law of Life: *Only He Who Gives, Gets!* Only he who opens his heart to God receives from God. Only he who forgives has his prayers answered. This is why so many apparently good people are sour and crabbed. This was the sin of the Puritans, who did big deeds, but were uncharitable. They loved their friends, but they hated their enemies, and so their enemies were continually pounding them, whereas, if they had loved their enemies, the enemies would have ceased to molest them. He who has an unforgiving heart sours his stomach as well. This is the *Law,* for no man can be free until he has learned to forgive the other fellow as fully as he wishes God to forgive him, and he who has forgiven takes off his shoulders a load, and hurts and failures will fall from his shoul-

ders immediately. Millions of unanswered prayers have fallen to earth because they have not the Divine quality of a forgiving heart.

There is an expression among the air-men called "High-tailing." An airship will never rise from the ground until she has had her tail lifted higher than her head. As soon as the captain can elevate the tail higher than the head, then he can sail into the air immediately. Therefore, I say unto you: High-tail your prayers to Heaven; lower your pride and elevate your respect for others. It looks as though the process should be the other way—that it is contrary to natural law; but it is the *Law!* Jesus said: He who abases himself is exalted. He who smiles at others will be smiled at and he who scolds will be scolded. This is the law.

Therefore, he who has inhibitions of the mind will do well to cultivate tolerance, for an unforgiving heart starves the cells of the body and shrivels the glands. If you want to be mentally strong and powerful, as Jesus was, you must assume His mode of thought and become tenderhearted towards those who offend against you.

Let your prayer be, my dear people:

"Lord Jesus, I do forgive others and I do love my enemies. Help me over these difficulties and free me from past inhibitions of the mind. Help me to leave at this gate mine offenses and forgive others their offenses. Thou, O Father, hath made me the measure of my own happiness, my own power, my own prosperity and my own health. Help me, therefore, to measure to others good that good may come to me."

Worry

Worry has always been man's enemy and will continue to be so until he is willing to face it in the open. At this point we shall discuss the situation in a way that may be helpful. Let us look into some of the causes of worry and thereby learn to avoid their effects. Worry often comes

from a hurt of long standing, inflicted upon the subconscious mind by a calamity. Ever afterwards, when a like condition occurs, the subconscious mind registers depression. Hence, a man often finds himself worrying over trifles. This condition of mind leads to defeat in every walk of life.

There is another kind of worry, that is the child of selfishness. He who possesses an unsympathetic attitude towards his neighbor soon accumulates the unsympathetic feelings of the neighborhood upon himself. This kind is soon consumed with self-pity. There is another large class of men and women who have no faith in God, man, or self. These people are always worrying. Jesus continually asked His followers to trust in God. His cry was to stop worrying and to have Faith in God. He called their attention to the care God had over all creation. He reasoned that if God the Father were interested in the flowers of the field and the sparrows on the housetop, He surely would be interested in man. Therefore, He said over and over again, "Have Faith in God!"

Again I must say that if worry were merely a mental condition it would be bad enough; but worry also effects the internal organs of the body. Here are some of the things that happen to the body: The natural and normal secretions of the gastric juices are interfered with. Discord is produced among the glands, making them work one against another, to man's discomfort. In fact, the body grows old during a fit of the worries. It produces fermentation and leads ultimately to indigestion. It disturbs the natural flow of bile and produces melancholy. It leads to constipation and general toxic poisoning.

Knowing all these things one should be very careful about worrying.

Cultivate an indifference to results, while you are doing your best to succeed. Trust in God and work faithfully, let come what may. Whatever comes receive it or reject it. But why unfit yourself for the battle of life by worrying your-

self sick and being impotent for your work? A worrying man is a nuisance and worse than useless. What of it if you should lose your job? You have your health? Let the rest go by. I would suggest the following game as a hobby to overcome the blues: Get a blackboard and write down each day the worry you have at that moment. Drag your worries to the light and look at them in the open. At the end of a month make a survey of the whole worry family. See how many of them have disappeared. See if there is a single one left that you had at the beginning of last month. Make this worry game a real sport. Laugh at it and you will soon begin to enjoy seeing the futility of it.

As soon as you bring the worry to the light, it ceases to exist. Some sort of miserable *Pride* blinds our eyes to exposing a seeming weakness. The worries of yesterday are often forgotten with the coming of the sun of another day. Therefore, cast aside the worries of today and assume a happy, indifferent attitude toward the failures. Have faith in the God who created you in His image and lean on His arm for strength. Do not let the subconscious mind lead you astray. Rule it with an iron hand. Let not the feeling of depression bring on a fit of the blues. For maybe that, after all it is not a hunch of an impending doom, but only a warning that your stomach is out of order.

Many, many people are victims of a physical defect brought on by unwise eating, laziness, shallow breathing and general indifference to the Law of Health. It would then be well to examine our habits of living as well as our methods of thinking. The body as truely influences the mind as the mind rules the body. One works on another, bringing harm if not watched.

Indigestion always depresses the mind and sets up discord in the whole man. When the colon is clogged from long abuse of improper feeding, the internal organs are poisoned and the body becomes toxic and the mind depressed. This in

turn encourages the blues, and the blues drag in Old-Man Worry.

To free oneself one must examine into every condition of Body, Mind and Self. Poor humanity has slipped many a time because it has been prone to deal with only one-third of the truth. There is the noble science of Medicine. The body is the chief concern of that science, while psychology and pneumalogy (Soul), until recently, have not been considered of any great importance in solving the ills of man. Then again, take the psychologist who is so busy with mind and its reactions that the body plays a very small part in his great work. And the Soul is not considered at all. In the theologians we see a group of men who consider the soul the most important part of man. Many of them have neglected the body, calling it a vile thing. Many have insisted that God is interested only in the soul. One, in reading their stories would think that the devil had created the body and God the soul. These three noble sciences must unite their forces before they can heal the wounds and bring peace to the world. The body is God-made and the temple of the Spirit. Man is a Trinity and as such must be studied. When medical men take notice of the whole man they will not fail, nor will the clergy be found wanting when they know more about the body and its reactions on the mind and Soul. Many a criminal would be a fine citizen if his digestive organs were functioning. Many a sick saint would not have raved about the hell of his dreams had his liver been in order. Common sense must be practiced by everyone and an honest attempt be made to know man as he is and not as we would have him be.

I have had to go out of my way a little to show you that to restore a man to his real self one must heal the whole man. Worry will remain a bugaboo to a man suffering from the blues as long as his internal organs are in pain. A good man may not murder because his intestines are manufacturing alcohol, but he would have a bet-

ter chance to do good, if he were taught how to avoid eating improperly. No man can be perfect in the sight of God till he has mastered his appetite, controlled his passions, obeyed the *Law,* and loved his God.

There is little use of anyone trying to fool himself into believing that he has nothing to worry about when the digestive tract is out of order. For when he has the daily feeling of worry, he will be thrown into the way of worry every minute of the day and night.

To rid oneself of worry one must take stock of his whole self. Correct the physical bad habits, assume optimism, sympathetically look upon all men as friends; trust always in God.

In conclusion I would recommend the following plan to be followed out till relief comes. Take long walks into the country when possible. Practice deep breathing when walking, till this becomes a habit. These two methods help to destroy the toxins of the system. Watch the feeding and learn to eat only that which helps you to build up a strong body. This can be done by avoiding all denatured foods and eating more and more of the fruits and vegetables so abundantly provided for us everywhere. Seek each day for a chance to meditate on God.

CHAPTER X

Care of the Mind—*Concluded*

IT is very important to have a healthy body, but it is also very important to have a healthy mind. It is therefore essential to have a perfect balance that disease may not afflict the mind or the body. We shall, therefore, give a method of eliminating from the subconscious mind the inhibitions that may torture it. We shall give you in order seven principles which, if followed out, will break down the inhibitions of the mind and give it perfect rest.

There are two kinds of sin: Those of omission and those of commission. In the condemnation of sin, Christ was more bitter in his denunciation of the omissions of the Pharisees than of the acts they committed. In rebuking Simon the Pharisee for his failure to offer the courtesy due a guest, He held up to him Mary Magdalene, of whom He said, "Much shall be forgiven her because she hath loved much." In other words Simon's sins of omission were to Him more serious than Mary's sins of commission, because hers were those of a too loving, impulsive woman, while his were those of pride and selfishness.

The sins of omission are mostly those of the mind; the subtle insidious sins that break down the moral fiber and leave nothing of worth.

The elder brother, in the parable of the Prodigal Son, was a sinner of this kind and he was more contemptible than the younger brother. He never committed an actual, open sin, but he never did a kind act. The sins of omission gradually harden the heart and stultify the imagination. The singing joy of the internal organs

ceases and cold inactivity takes the place of happy service for the upbuilding of the body cells. So, we find that many men called good because they have never committed any open crime are, after all, poor examples of followers of Christ, because they have not been active in doing good. The sins of omission are most deadly in that they smoulder for years, smoking out all kindliness and affection. These qualities are essential to human happiness and to general physical health. The stingy man is never healthy because his body lacks the spring of life and the joy of youth. It is less stultifying to be found guilty of sin against the laws of man than to be guilty of negligence to fulfill the law of God.

Have you never heard of a good man who suddenly went wrong? That man was not a good man; he was a bad man, covering up his wickedness by pretense. His sins were done in secret for a long time, and were suddenly disclosed to the world. I believe that the sins of omission produce in time, dyspepsia and melancholy. These qualities further drag the body down to general toxemia and then disease finds fertile soil in which to grow. Men and women of this class are greatly to be pitied. They cannot be helped by fault-finding and criticism, but must be nursed back to health of body and mind by prayer, kindliness and right living. Hypocrites, prevaricators, white liars, procrastinators, neuresthenics, irritable egotists are suffering from the sins of omission. God have mercy upon their poor bodies. The treatment of these cases must begin with the body. Eliminate the poisons from the colon by a good fruit fast of seven days. Then a proper diet must be followed as described in a previous chapter. Secondly, repentance and an honest attempt to redeem the condition by actually doing something worth while. Seek all the opportunities you can to do good and to show sympathy. Give of your income to the Lord, to charity and to philanthropic work. Pray to the Lord for forgiveness, and trusting in Him, start on the right way of living. Rejoice ever more in your redemption in body, mind and spirit. And give thanks.

Soon you will feel a glow over the body and then a rejuvenation of all the glands will begin to take place and you will realize for the first time the trinity of

body, mind and soul, working together, in sympathy for the benefit of yourself. Every sin against the soul breaks down the cells of the body. In other words, the natural cunning of the individual cells that compose the body lose their intuitive wisdom when the soul is inactive. As you know, every cell has a lesser mind, a body and a soul consciousness, of right and law, and when the soul is deadened by inactivity the cells of the body cease to function properly. If cell consciousness is broken down, what is to hinder bacteria growing and multiplying in the blood stream? If the central power house, the brain, is indifferent to its eternal prerogatives, what is to hinder the cells being indifferent to their duty? Therefore, I say that the sins of omission are more deadly than those of commission.

When you pray for alleviation of the suffering from this inhibition of the mind, say: "Oh, Father, forgive me my secret sins. Teach me how to love and serve my fellowmen. Give me, O Father, an opportunity today to show forth Thy glory in serving others. I thank Thee, Father. Amen!"

There are other sins that clog the internal organs of the body. We call them the sins of commission. These sins are open and aboveboard and are responsible for filling our penitentiaries and almshouses and hospitals with victims. Often a crime is committed because of some bodily defect. Often a corrupt mind drags a poor body into disease. Liars are mostly sufferers from indigestion and constipation. Thieves are often sufferers from depression and a poverty consciousness. Adulterers are very often victims of sex perversion. So, in dealing with sins of commission, one must be very sympathetic. If I had charge of the treatment of prisoners, I would first of all eliminate the toxic poisons from their bodies and then feed them properly, not boasting about the small cost of maintenance. Secondly, I would teach them of the law of body, mind and soul. And thirdly, I would put them at a school to learn a trade or profession that would help strengthen the moral fiber and develop a self-respect. Fourthly, I would teach them the true value of prayer, real prayer, to a Father who is only too willing to forgive the sin

and love the sinnner, for sinners, after all, are victims of disease of body, mind, and soul.

For sins against God and man, committed daily by most of us, I would recommend proper eating, right living and the cultivating of cheerfulness. I would recommend repentance to God and a sympathetic attempt to make restitution. If one has found himself constantly lying, he should eliminate the toxins of the body and cultivate a sympathetic understanding of other people's viewpoint. Let him read the following words from the book of Common Prayer:

Hear what comfortable words our Saviour Christ saith unto all who truly turn to Him:

"Come unto me, all ye that travail and are heavy laden, and I will refresh you." St. Matt. xi:28.

"God so loved the world, that He gave His only Begotten Son, to the end that all that believe in Him should not perish, but have everlasting life." St. John iii:16.

Hear also what Saint Paul saith:

"This is a true saying, and worthy of all men to be received, that Christ Jesus came into the world to save sinners." 1 Tim. i:15.

Hear also what St. John saith:

"If any man sin, we have an Advocate with the Father, Jesus Christ, the righteous; and He is the Propitiation for our sins." 1 St. John ii:2.

If the burden is still too heavy to bear alone, I would recommend that he seek a clergyman and lay his sin before him. Confession is good for the soul and absolution brings peace.

An inhibition of the soul is more harmful than any other inhibition. Cleanse the soul by contrition and repentance and make restitution for wrong done. The Lord gives rest to all who come to Him and comfort to those who earnestly seek it. He gives guidance to those who will listen and power to all who will use it wisely. Learn to lean on the Lord for all your wants and deeds. You are a trinity and you must worship the Father in that trinity. Honor Him with your body by obeying the law; worship with your mind by serving others generously, and worship with your soul by loving your enemies. Become a part of some church life and

seek the spirit of intelligence. When you pray use the following prayer:

"We most earnestly desire Thy fatherly goodness, mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching Thee to grant that, by the merits and death of Thy Son, Jesus Christ, and through faith in His blood, we, and all others in the same trouble, may obtain remission of our sins, and all other benefits of His passion.—And here, O Father, I offer and present unto Thee myself, my mind and my body, to be a reasonable, holy, and living sacrifice unto Thee; humbly beseeching Thee that I and all others who shall be partarkers of Thy Glory, may worthily receive the most precious grace promised by Thee through Jesus Christ, our Lord.—And Although we are unworthy, through our manifold sins, to offer unto Thee any sacrifice, ye we beseech Thee to accept this our offer of praise and service to Thee, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord. Amen."

CHAPTER XI.

Care of the Soul

After all has been said and done, one's mental attitude has everything to do with one's health and the right mental attitude can never come to a man until he has learned to love his fellow men and have great faith in God. Much has been said and written about the care of the soul by men who failed to consider the body and mind. Therefore, we have taken time in this little volume to discuss the body and mind first. Pious men have often been troubled with terrible visions and temptations which, after all, came because of imperfect bodies. These could have been explained had they reasoned that the body was the temple of the Holy Ghost and should be kept clean inside and out. For instance, the hell-fire visions of John Calvin came from a disordered liver and the extravagant teachings of Martin Luther touching the devil were exaggerated because of disease. We will do well always to consider man as a Trinity. I remember hearing, not long ago, an address by a

distinguished and eminent physician in which he said that all dyspeptics were liars. I cannot vouch for the truth of this saying, but it deserves consideration. Toxemia coming from the intestinal tract brings hallucinations which render the mind incapable of reasoning correctly. A clogged colon poisons the mind, causing jealousy and rousing passion that may lead to murder. When the body is clean within and without and no toxic fumes are going to the brain, a man is magnetic and radiant. The soul will grow, happiness will reign supreme and man will be prosperous, healthy and happy. The foods of the soul are the citrus fruits. They are also food for the glands and supply them nourishment. The glands form the soul's habitat; they are also the youth element of the human body and closely associated with the aspirations and longings of the soul.

It would be well to go into this a little that you may understand somewhat the work of the glands. We shall speak of a few:

The Pituitary and Thyroid glands control the bones. Over-secretion of the Pituitary produces gross hands, large and bony. Under-secretion gives the hands a fatty and tapering appearance. This gland is the eye of the soul. Cultivating the Pituitary gland brings good results. This gland gives vision and helps spirituality. Look up to the hills whence comes your help. Practice looking

up to the forehead—always up. This stimulates the normal secretion.

The Thyroid glands of internal secretion lie on either side of the windpipe. They are connected in a way with the sex glands. From them comes beauty of body and soul. Iodine is the food of this gland; not drug store iodine, but iodine from living plants.

Other glands are the adrenal glands situated at the top of the kidneys. They have to do with fear and courage. By over-stimulating these glands, either through fear or worry, one may suffer great loss in mental ability and moral courage. It is well, then, to cultivate serenity and pray that these glands may function normally, giving to the body strength when needed and the mind courage when required.

The sex glands are given to man for the purpose of re-creation. If used as intended they not only create new life without but new life within the individual. It is necessary to keep that idea in mind—dwell on it—and better, send the energy pulsing through the body than waste it in sexual excesses. They recreate life within every man and woman who uses them properly.

The best foods for keeping alive and well these glands are the citrus fruits. They are known as the life-giving foods.

Prayer Effective

This little book would not be complete without an insert on the Art of Prayer, for so many people pray and pray without avail. The average Christian man believes that his prayers are not answered. After all is said and done, pious people are not always filled with faith, except in cases where it relates to eternal life and the peculiar activities of the soul, as outlined by pious men of the past. Men may be good, moral and true; yea, even devoted to worship, but they may never have accepted the Lord's words as applied to Faith. For instance, many people have not accepted the words of Saint Mark, xi: 24: "Therefore I say unto you, All things whatsoever ye pray and ask for, believe that ye receive them, and ye shall have them;" or of Saint Matthew, xxi:21: "And Jesus answered and said unto them, Verily, I say unto you, if ye have faith, and doubt not, ye shall not only do what is done to the fig tree, but even if ye shall say unto this mountain, Be thou taken up and cast into the sea, it shall be done."

These people attend public worship and are devotedly good people, but they have never applied the Lord's teaching to their daily needs. They do not deny the Lord's words, but they question the interpretation of those words. So, we see

that many pious people lack Faith, which is, after all, the gift of God. It is a gift, however, that can be obtained on request, by anyone who will take the trouble to acquire and accept.

In this article we shall strive to show the fundamentals of effective prayer. Taking the texts as outlined in Saint Mark and Saint Matthew, and Saint John xv:7:10. "If ye abide in me, and my words abide in you, ask whatsoever ye will, and it shall be done unto you. Herein is my Father glorified, that ye bear much fruit; and so shall ye be my disciples. Even as the Father has loved me, I also have loved you; abide ye in my love; even as I have kept my Father's commandments, and abide in His love." As a subject, we shall go into this at length. If these Apostles have correctly reported the words of Jesus Christ, they have told us a mightier truth than anyone has yet understood. If Jesus Christ had the authority to speak these words, then why do we not believe them? These words are either true or false. If they are false, then we may well ask, Where are we? If they are true, then we may ask, Why are we not using prayer with faith as outlined by Jesus Christ in the text? According to Jesus Christ, He placed no limit on man's ability to draw from God power and authority to obtain whatsoever he asked. He claimed that anything that was asked for, believing, could be

obtained. We have either to accept Jesus Christ as speaking truthfully, knowing what He was talking about, or reject him completely. If we accept Jesus Christ, the Son of God, we cannot put Him on trial for veracity, but must accept His words as He uttered them.

The difficulty with most people is that they do not believe the petition will be answered, even when they make it.

CHAPTER XII.

Prayer

IN this chapter, we shall deal with the fundamentals of prayer. To begin with, *earnestness,* coupled with a *forgiving heart,* must be the first approach of anyone seeking answer to prayer. If a man cannot forgive his enemies before praying, he will never have a prayer answered. This is clearly outlined by Jesus in the "Lord's Prayer." Everyone who prays must also be determined to win, remembering that a quitter never wins and a winner never quits. Whenever you enter the lists as a champion of prayer, you must be determined to find the Pearl of Great Price. If, on the other hand, you have a grudge against anyone, you have lost the race before you have begun. You might as well step aside in the great game of Prayer. You are incapacitated at the start. You must forgive as you expect to be forgiven. Now, after having cast aside your burdens and having determined to win, you are ready to step forward into the arena and prepare to win

the prize offered. Put on the mantle, first, of *kindliness;* and as soon as this is put on, a glow of satisfaction will pervade your whole being. Kindliness is a gift of God and always benefits the man who uses it. Without it, you will freeze; with it, you are warm. Kindliness and good humor were always the possessions of Jesus of Nazareth, who felt kindly towards all men, even though they were His enemies. There was His good humor in the presence of his enemies on the day of the crucifixion. He talked hopefully and kindly to the men hanging on the cross. Spiritual success always rests in the mantle of kindliness. After kindliness comes *joy*—which is, after all, but the companion of kindliness.

The good man is not he who looks pious or who prays long and earnestly, while he breaks the laws of his body and mind, but rather he who has learned to listen to the voice of God, speaking through natural laws as well as through the inner voice called conscience.

The righteous man is one who is anxious to obey the laws that govern his body, mind and self, thereby making the most of his possibilities. The religious man is one who listens with an open ear to bird, child and saint alike and then does his own thinking.

If the Christian world had done this, it would not now be floundering in confusion. Think for

a moment of all the lies that have been hurled against God by Christians. He has been more maligned by His followers than by the enemy. The chief accusation is that which declares God to be an angry Father. The theology that has emerged from the past is tinged with sulphur and smothered with tears. As one listens to the lurid teachers of this era thundering forth their hellish doctrines and joyless religions, one is amazed that there is any Christianity left at all. Those who were born before the twentieth century scarcely have been able to avoid the hells of false teachers, so deeply have these lies sunk into the minds of the men of the past. May God help us climb out of our self-made sulphur furnaces to the clear skies of the happy Father's love. The great Jesus was a happy boy, full of hope and courage. He was bewitching in His attractiveness from the start and never lost it. His step was light and His muscles strong because He lived a life of joy. He called upon His followers to rejoice even in mourning and apparent calamity. This was clearly His teaching in the beatitudes. Be happy, all of you, in spite of ills, and soon you will find that there is no cause for unhappiness. Overcome all things by your bubbling sense of humor, or in His own words, "Rejoice and be exceeding glad (in the midst of persecution) for great is your reward." Again He said, "Be of good cheer."

And at another time, "Be not afraid—have faith in God," and you can command not only men but mountains. He joined in the feasting and merry-making so intensely that His enemies accused Him of being a wine-bibber and a glutton. Yes, He was acquainted with grief but not the grief of His own making. So also must we be acquainted with sorrows, but by the Grace of God let them not be of our own making. For in speaking of the cares and the worries of life, He said, "Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you—for my yoke is easy and my burden is light." Did the Master refer to any very difficult task when He called upon us to walk with Him so that He could pull the load for us? Was He not to be the partner? Is He a partner in gloom? Hardly. To become like the Christ is to put on happiness as a garment. He came to do away with sorrow and the causes of it. He came to remove the sting of death. The love of Christ was designed to clear the world of the enemies of happiness and to have given us a more abundant life. "Take up thy cross," does not mean "assume griefs and misfortunes," for God's sake; but rather "take up a new hope and a greater unselfishness and you will also overcome death and the grave." Man is the receiver of untold benefits from Jesus. Let that man tremble for his salvation who is un-

happy in his relation to God. If that is his attitude he must be out with his fellows and is therefore out with God. God asks us to give up only that which harms us. Where, then, is the sacrifice? There can be none! The Master asked us only to lay aside that which would ruin us body, soul and mind. Wherein, then, can there be self denial in following His bidding?

Look for a moment at the many poor ungodly creatures dragging themselves around under the handicap of diseases and burdens that cannot be removed by science. Who put them there? Was it God? No! Emphatically no, but man himself did it through ignorance or self-will. Jesus shows us a way out and men have called that way a sacrifice. He who follows the Master will find help and direction along the road of life. It is the ungodly that are to be pitied. They are the ones who cause the troubles and also suffer most from them. They are like lost children setting fire to the forest and perishing in the flames that they themselves started. They must weep alone. They must carry their diseases without faith. They know of no rewards and never dwell in the city of real happiness.

Let us pity the unrighteous, for they are as lost sheep gone astray. It was for them that the Saviour died that they might be saved from destruction in this life and given besides eternal

life. Where did Christians get their sad-faced and anemic Christ? The Gospels did not so present Him to the men of their day. And who dared to start that stultifying lie that our bodies are vile? What manner of men are these who have dared to lie about the Father and Creator of the body? Whoever was responsible for this lie started men to separate the soul from the body, declaring the body to be worthless and low before the God who created it. Who made the body or who can live here without one? All parts are sacred before Him who created them. They are all His. How could those poor, deluded saints have erred so?

That generation of men held aloft the crucified one till they saw falsely the purpose of the Master. They dwelt upon the morbid side of life till they became joyless and hardened against the pleasures of the body. They believed that this old world was altogether evil and so were also all simple amusements that sprang from natural affections and desires. As a consequence, they taught that mortifying the body was pleasing to the Almighty. They abused and neglected the body until they lost all sense of proportion, dying in despair, filled with diseases which they believed were sent by the hand of a just God. The troubles really came from abuse of the laws of their bodies. Often their so-called visions were merely

hallucinations springing from neglected bodies. They overlooked the words of the Master who said that the body was the temple of the living God. The saint of those days did not know that a diseased body was a detriment to his mind and soul also. He did not know that he who abuses his body is a criminal in the eyes of the Father, for the body is as sacred as the other parts of the human personality. He did not stop, in his zeal against the body, to reason that he who carries a fever in his vitals carries a warped understanding, and that any kind of disease destroys the mind. He did not realize that only he who is perfect in body can be perfect in mind and soul.

All criminals are sick people. Melancholy feelings are but the reflections of diseased organs. It is joy that stirs the liver and woos the glands into normal action. Those poor saintly men did great harm to God by accusing Him of crimes indescribable. They even denied themselves natural pleasures because they believed that God was not to be pleased except by a sorrowful countenance. As their organs were often diseased through neglect and abuse, they felt a fever within and so they preached hell-fire openly. May the Lord have mercy upon those poor souls for their inconsistency.

How different were they of the middle ages from those of the primitive Church. The soul of

the primitive Church was filled with joy and laughter; but hell-fire burned in the vitals of the Church of the dark ages.

Let us examine into the secret of the primitive believers. They seemed to be possessed by an inward joy that nothing could destroy. Not even the stake and the torch could stop the song of joy that rose from their lips as a benediction to those who murdered them. They had learned from their Leader that to be joyful under all circumstances enhanced their spirituality. Even their funerals had an atmosphere of gladness; they sang hymns of hope and lighted candles of joy. There was an inner sparkle that was noticeable to all who met them. If they wished to be free from arrest, because of their religion, they had to keep off the streets, for their faces gave them away; they acted and walked so differently from the glum crowd of heathen.

In the City of Antioch, where the followers of Christ were first called Christians, the sensuous followers of lewdness in the grove of Daphne could not understand how the men of Christ could be so happy. They saw them tripping and singing along, perfectly indifferent to the sins of the day. "Who are these foolish followers of the poor Jew?" was on many lips. The crowd saw a deep and unmistakable joy shining from the eyes of these followers.

The men of Daphne were really not happy, pretend as they did. They asked themselves over and over again, "I wonder where they get this happiness—surely not in following that stupid Jew." They tortured and killed them; but Christians continued to be happy even in death. Then the men who slew them became converts to the Religion of Joy. Sin had robbed them of all real joy and the men of those days were hungry for a taste of real happiness. Those good men of old found it a pleasure to be Christians and they soon turned the thinking world upside down. That which had been called pleasant became unpleasant and real joy became a settled habit with all the followers of the Master. It was the radiant joy of those first Christians that revolutionized the world. Cast your eyes on that good man, St. Peter, and stand in the corridor of his prison house and listen. Did he curse his fate? No, not he; but he sang his hymn of triumph in that dark, damp cell. That song wafted its way to Heaven and the doors of that celestial abode were opened and a deliverer was sent to earth. He smote off the shackles and lighted his room. Peter sang on and on and the doors opened and he found himself being gently led out of prison to safety. Would that we had that song today and could sing it with as great fervor as did Peter of old.

So all Christians sang a new song up and down

the land that was as fascinating as the modern jazz is to the youth of today and as irresistible as the call of springtime.

No man was safe from the fascinating power of the Gospel as those happy men and women passed in and out of the villages spreading merriment everywhere. All who stopped to listen and to look became converts to the new and wonderful thing that had come from Heaven to earth. That new gladness had a transforming power unknown to any before or since the coming of the Nazarene. The slaves were first to recognize it and then the more fortunate ones. This gladness worked its way into the king's chamber. Even princes found that this new thing was more precious than crowns. This gladness continued till the reign of Emperor Constantine. When Materialism, with her daughter, Pomp, took possession of the Church, the happy Spirit of the Master was driven out. Then the business of the Church began to assume hardness and despair. The crucifix took the place of the empty cross. Men gazed at the crucified image of their dead Leader and saw in it only a symbol of sorrow. The appeal began to center around pity for Him who had died. The victory of the cross disappeared and the despair of the cross took its place. Then began men to appeal to the saints they had known, to intercede to the angry Father for them. Oh, the terror of

the thought that gripped Europe for centuries; namely, that the great Christ was the victim of the wrath of an angry God. No wonder they appealed to human beings to save them from a god more horrible than the worst monster of their days. They taught the false doctrine of the unworthiness of man and the utter depravity of all flesh. They buried the great truth that God was a Father and therefore was more responsible for our lives than we ourselves. They forgot to teach the truth that we are essential to the plans of the kind Father, and that as a consequence, He must always be interested in our welfare. Then was Europe swept by dark clouds of doubt and sorrow, and religion was almost bereft of gladness.

In the midst of this utter darkness came a ray of joy in the life of St. Francis. He was a young man, as it were, born out of his time, to preach again the Gospel of Happiness. He laughed in the Churches and his followers chuckled with merriment as they passed in and out of the villages of Italy.

The legend is that birds and beasts heard his singing and came out to see and hear for themselves. All nature heard the heavenly song. But the Church of that day failed to heed the good St. Francis and fell back into its gloom, and so the Reformation came along. But, sad to say, this Protestant reformation was not back to Christ,

but was rather a battle of intellects for points on theology. John Calvin, chief leader and bringer of sadness into the world, himself suffering from fires within caused by breaking natural laws, thundered hell against many for the glory of the Lord. The whole Christian world became contaminated by Calvinism, to its utter despair. This joy-killer nearly finished the Christianity of the Gospel days. Since those days Protestant and Roman Catholic alike have been burning one another with the invisible hells of their heated imaginations, till men have become sick and tired of all religions. The laughter of the primitive Churchmen has been soured by theology and Christianity has been lowered to the level of politics. We are still suffering from that great conflagration of the dark ages and the Reformation. Though few men now dare say that little children are burned in hell because their parents neglected to have them baptized, still we are under the curse of our Father, *according to some.* "Men are born in sin," many still shout from the housetops, though the Church proclaims that marriage is a Sacrament. Think of it! Could there be a greater lie told against God than this? How can God call a natural instinct, implanted for the perpetuation of the race, a sin? How can a just God condemn me for following a natural impulse that He put there and that we have safeguarded by marriage? For our father's sins must

we die and not for our own! This terrible teaching has wrecked the lives of many honest Christians. The miracle of miracles of all ages is that Christianity has survived the cruel hands of its friends.

CHAPTER XIII.

The Glad Gospel

I SEARCHED the Old Testament Scriptures to find where God was spoken of as having laughed. In reading Job 9-23, Ps. 37-13, Pro. 1-26, we find that God is stated to have laughed sneeringly. Thank God that Jesus gave us a true picture of the Father. So closely is Joy related to prayer that he who has no joy in his desire to pray will never have his prayer answered. The power house in the sending station of prayer is Love, and the tuning dial of the receiving set is Joy. This is a law as truly as is the law of gravity. Is it not wonderful that the God and Father has made it possible for us to reach Him through the common instrument of Love and Joy? No man needs a new quality to see the Father; he has only to use that which is at hand. Love and the capacity to be merry.

Yea, Joy enters into every walk of life. For he who will succeed in life must cling to Joy. The business man knows this; and also that any man

can succeed in life who has joy in his heart. Sour faces repel and happy faces draw all men to you. And he who has the Joy of the Lord in his life will be attractive to all whom he meets.

This is the greatest pulling power in business as well as in love-making or praying. So in like manner the approach to the Heavenly Father is through the love of Joy. Why be unhappy? Why not think of answered prayer? Do not pray until you have found Joy in doing it. Grinding off prayers per hour for the spiritual welfare of the soul does not help the soul, but rather hardens it. Get into the habit of feeling happy at the thought of talking to the Father. This is the secret of all answered prayer. God is your Father and if this is true, why then be afraid of Him? He was your friend before you were born and will be your friend when you pass beyond the veil. When there comes an ecstasy into your heart at the thought of asking the Father, be assured that your prayer will be answered. Then Ask, Knock and Seek. When the heart is filled with happiness, then will all doubt disappear and remain away as long as you hold Joy in the Lord.

Has not the Lord promised that where two or three are gathered together there is He? Then why the deathlike stillness? If God has promised to meet His children in the Church, then be happy at the thought of that meeting. When you come

to Church, you come to meet Him whom you love. Jesus said and says again today that if two or three of you can agree on a prayer absolutely without doubt, you will receive an answer. Is there anything to be gloomy about in that? Get two or more friends together and experiment on this. You can very soon find out the truth or falsity of what the Lord promised. Be assured, however, that two or three cannot be agreed together till they all have joy in the thought of that request; so after all, it may be a very difficult matter. But where two or three come together in loving joy, they are very close to an answered prayer. It was said of Jesus Christ that He went about doing good, but the idea might be better expressed by saying that he went about giving happiness to souls and putting joy into religion. He who will be a follower of the Master must do the same. Wherever there is Love you will find Joy as certainly as where the clouds are gathered raindrops are ready to fall. Let the Christian clean out the hell in his vengeful mind and in its place put love and joy. Can God be gloom?

Jesus was a pleasure to all who knew Him and He always added to the festivities of the hour. A religious prelate or clergyman who gives men the shivers or makes them uncomfortable is not very close to the Master. Jesus attracted the children, as well as the sufferers, but the arch haters

and gloomy souls despised Him as they do today. He was a jolly dinner guest and a merry provider at a marriage feast. The opposite has been true in the lives of many so-called Christians. Though the Master wept on occasions He did not weep all the time nor go around Palestine with a complaint that the world was going to the eternal bow wows. When the Master came the world was a sad and gloomy spot. Millions of slaves bowed to the lash. And the masters bowed to diseases and innate deadness because they were not right with their fellows. There was no real happiness, though the philosophers strove for it in their schools. The lovely Child Jesus came and brought the love of God to the sad old world and with it joy unfeigned. Who, then, has almost destroyed the religion of Jesus Christ? Those who have taken all the joy out of religion. Again why exemplify the death of the Master as though that were His undoing and our defeat? As a matter of fact, the death on the cross was only one incident in the glorious life of the triumphant Master. It is not the death that Christians should glory in but in the power of the Life and the resurrection. Millions have suffered much for the Master, and many, without any great thought of reward, have died for Him, whom they loved. How can one glory in death considered by itself? Death is the despair of the race. Let us rather

glory in the joyful Saviour who took our sins upon Him that we might be all the more happy. When God made the animal man He gave him the gift of smiling. Man is the only animal that so acts. Therefore man must be happy and cultivate the smile. Until he has attained that power he is far from the Kingdom of God. He who prays without joy in his heart will not receive an answer to his petition. May the Lord help us to overcome our frowns and in their places erect the pillar of GLADNESS.

The immediate followers of the Lord possessed a remarkable characteristic, which might be named the joy of adventure. When the Master sent the Apostles out into an hostile country, with little clothes, no food, no money and unarmed, they went with the spirit of adventure. The joy of that thought thrilled them. Upon their return to Him again they related with bursts of merriment how even the devils were subjected to them. The Saviour asked them if they had lacked anything. They replied that they had all things and lacked nothing. They had gone out trusting in Jesus and had found that their trust had been justified and it thrilled and thrilled them into great enthusiasm. Those men were like children in their enthusiasm over the game and the joy of that adventure. It was also true that the early followers of the Master were in like manner filled

with the happiness of the great adventure. They had nothing, yet were provided for; they seemed to be very small, yet they were great. The Church must again seek to find the spirit of adventure in the great work of the Master and she will again find candidates by the thousands volunteering for the call of the ministry. Men and women love the call of an adventure.

Seek, in praying, that adventurous spirit of joy that knows no bounds, and as truly as night follows day, your prayers will accomplish their purpose.

A merry heart doeth good always, and is infinitely better than medicine. Live with joy, walk with her, cultivate her, dance with her, sing with her always, work with her and never pray without her by your side if you expect to win a reward.

Now, Christian, look for a moment at yourself and study your nature for a little while, striving to know your body, mind and self. There is a law that governs the trinity. What is it, and how can you discover it? Seek the law of *temperate* living. Do you eat regardless of results to your body? Have you studied the subject at all? When you have pain or trouble in your body, do you know what has caused this trouble? Do you know the law governing your mind and your body and your spirit? Do you know that it is your

duty to be governed by this law? If a man is not temperate in living, he cannot really know God. He who has not learned to control his appetites sees God as through a glass darkly. Nobody can tell you more about the law of your body than you, yourself. You can experiment every day upon yourself and find out all about this law. Cease living to eat, but learn rather to be temperate in all things. If you do not have the grace and pluck to find out something about the law of your body, how then can you know anything about the law of God? Therefore, he who will continue to seek an answered prayer must study himself with great care, for in knowing himself, he will know God.

The next step toward answered prayer is in the line of *service*. Jesus came to serve others and found joy and power in doing it. The business man has learned that it pays to serve. It is after all a Christian principle, fundamental with Jesus Christ. He who is stingy with himself or his money cannot expect a return. Serve others constantly, without thought of reward, so that when you ask your Father for help, He will render service to you, even more than you have rendered to others. Play the game like a man, in a sportsmanlike way, by giving, and in so doing, you will obtain.

Now, as you stand in the lists, wondering what

next will come as a suggestion to you for answered prayer, you will suddenly find yourself impotent to do anything unless you have learned to know *Sympathy*. Look upon her, as she approaches; she is beautiful. She will inspire you as well as show you the way, and when you have found her, follow her and watch the result. You will begin to have *knowledge;* you will understand as you have never done before. It will all look easy—you know! Sympathy is that quality that opens the eyes and ears so that you can both see and hear clearly. You cannot learn of anybody unless you have sympathy. Jesus knew men because He sympathized with them; Jesus knew God because He was in harmony with Him. "I will show you the Father," he said. So you can know God by having loving sympathy toward your fellow-men. It will open the Book of Knowledge; it will unfold to you the mysteries of heaven. Sympathy is a wonderful companion; she guides you into all knowledge.

And, as you go along the way, seeking answered prayer, *Confidence* suddenly leaps to his feet and greets you like a brother. He is a handsome chap. How he inspires you! When Confidence speaks to you, you know that you will win and your courage takes a new start. When you have had Confidence by your side, you are ready to start the race for answered prayer.

CHAPTER XIV.

Imagination, the High Light in a Great Soul

MUCH has been written upon the faculties of man, but very little has been understood about the imaginative mind. Because of many abuses of this quality, the reasonable man has shelved it to the background as possessing little worth while. People placed the imaginations of the human mind in the category of fairy stories. Men have prided themselves in the power of their logical conclusions. Only recently have men begun to study the powers latent in the imagination and so are, today, separating the vain imaginations from the godly imaginations. Men have been fooled all these years about this greatest faculty of a man; for now we see in it that elusive, visionary thing that led all great men to victory. Without it, this old world would not be worth living in, at all.

All future prospects and future happiness, all plannings and future building of homes still in the

dream-land are made possible by the imagination. Young lovers sitting close together see in vision the greater happiness that is to be on the wedding day. Without this they would never marry. All romance is but a part of that beautiful mind. All that makes a man get up and dig is but the vision conjured from man's mind set to work. What a dull, cold, dead world this would be without it and what a wonderful place it is for the dreamers and empire builders! For not only does the imagination enter into the lovelier side of life but also into all that maketh great in the business world. All success, in whatsoever plane a man may choose to enter, rests upon man's imagination. Industrial success is after all but the outgrowth of the dreamers and visionary ones, who through Faith wrought into perfection the thing they imagined. If the dreamers had not lived civilization would never have advanced from the stone age. All the inventions, discoveries, and progress have come from the minds of the dreamers. All poetry and art, all sculpture and painting, are the products of someone's imagination.

This country would never have been discovered nor colonized had there not lived the dreamers. This quality must be a mighty one to have done so much. It surely is worth studying. The imagination when under control of the carnal mind will destroy both body and soul. The imagina-

tive mind is the most delicate child of the human race. It is the product of the Soul. All animals possess memory and logic, but imagination is but faintly outlined. To man was bequeathed this highest gift, the imagination. He, therefore, who uses it under God will ascend to great heights, but he who uses it to scheme destruction will destroy others and himself perish also. The Greeks, who did possess vivid imaginations, turned in their philosophy to logic and failed to save their nation from destruction.

The Puritans banished imagination from their religion and almost destroyed Christianity with their stern logic. Our schools are sadly lacking in that they have excluded from their catalogues the study of the Imagination. Man will never really know himself nor others till he has mastered, in his research work, the imaginative mind. Logic is often very misleading, but the imagination under God will ever lead to greatness and success. What logic pronounces impossible, imagination makes possible.

Abraham, at 75, dreamed of greatness in a far country and, taking his wife, departed to an unknown hostile place and builded a nation that produced the greatest Man. This Dreamer, though defeated all His life, still believed in His visions till they were fulfilled in the generations yet to come. And Joseph, dreaming in his father's

house, though afterwards ousted and imprisoned, still dreamed of greatness till he became the governor of all Egypt. Moses, though an outcast from the house of a king, still dreamed of the redemption of his people, till God showed him a way. There was the ruddy boy David, dreaming in the pastures of slaying giants and conquering kings, who later found himself conquering giants and ruling kings. Abraham Lincoln, another dreamer by the fireside, rose one day to save a country and to right a wrong. His dreams were literally fulfilled. Joan of Arc, that girl dreamer, grew one day to lead her people to success and victory. Call to mind all the great ones and you can read into their success the quality of the imagination. For no man can be truly great without it and all men can attain a measure of greatness through it. Imagination is the Pearl of great price which if a man uses in love and under God, leads to greatness and success. It is like electricity. If hooked up and controlled it brings light, heat and power, but uncontrolled it destroys. For all criminals, too, have used the imagination but under the devil and so have come to destruction. Surely an instrument so powerful and so destructive should be controlled. And to be controlled, it must be studied.

Now, for a few minutes, let us look into the life of the greatest Man, Jesus of Nazareth. The se-

cret of all His success was His Imaginative Mind. No one ever dreamed as He did. And His mother before Him was a dreamer also. Can you imagine the Mother Mary cooing her baby asleep, dreaming of His greatness? And Joseph, the foster father, was dreamer enough to want to go to Egypt, and so saved the Boy. For God speaks through the imagination. Jesus at twelve was dreaming of His Father's business and planning His career. Later His visions led Him from His home in Nazareth to the Jordan, where John was baptizing. After His baptism He was led of the Spirit to the wilderness.

The devil appealed to Him, through His wonderful imaginative mind, to a supposed greatness attainable through earthly means. Jesus, being in God, saw through the devil's visions and turned him down for the greater prize in God. Going back over the boyhood influences that surrounded Jesus, we are struck with the care that the Father showed in placing His Son in the dream garden of Palestine for His early training.

Here He dreamed of the great prophets, for He could see from the little town all the great battle-grounds of His people. Mount Carmel was but a short distance away. All around His home were the lilies of the field and the foxes of the holes. Many and many a time He wandered out into those fields and, lying on His stomach, kick-

ing His heels in the air, dreamed of what He would do when He was grown up. In after years His imaginative mind recalled those days and He drew from His early experiences the material for His wonderful parables. Jesus learned early to place His imagination in the hands of the Father who KNEW, and understood. God Himself is the great "Imaginer" of all and through faith creates His imaginings into realities.

Happy is the man who has learned to Imagine with God, for then he can do as the Master did. For whatsoever things a good man may imagine, he may have if he will accept them. When Jesus began to teach in Palestine He found a dull and unimaginative people. John the Baptist was fired with dreams on the Jordan, but the people were dull and stupid.

Soon the Master began to draw on the imaginations of the people. He got their attention immediately. He cried in the wildernesses of men about the Imaginative Kingdom that dwelt within all of them. Some became inspired with this vision and left all and followed their "Imaginer." He never stopped to reason out anything but constantly appealed to the Imagination. In Parables He taught and without Parables He taught nothing. He sold the Kingdom to many, though they held no proofs beyond their own vivid dreams. Jesus saw a world peopled with protecting Spirits.

In His healings among men He called out their imagination. He painted the glories of the Father's love so that men grasped it and sailed into the harbor of perfect health, scarcely knowing what was happening. It was all so like a dream. All who believed Him were won through the Imagination and dreamed as He dreamed and conquered as He conquered. So wonderfully did He picture the Father and the Father's Home that men gave up all that they had and followed Him. Here He said, "Take up thy bed——." There He exclaimed, "All things are possible to him who believes." Again He called to the imagination in the words, "If you have Faith as a grain of mustard seed, ye can remove a mountain." Jesus knew the laws governing the Imagination and dug down deep and freed men from the prison of their false reasoning. His world was a beautiful garden spot and the men and maidens in it were prisoners in the dungeons of the devils.

He tried to free men from their false position in life and their gloominess. Nothing seemed to daunt Him, for even when He hung upon the cross He fired the imaginating one of the poor crucified thieves with a desire to be with Him in His Kingdom beyond the GRAVE. No wonder He rose from the dead. One possessed with such a mind as His could not be holden of it. Again He appealed to the imagination of His bewild-

ered followers. They were at first too stupid to conceive a risen Lord as Mary Magdalene beheld Him.

As He departed from earth for His old abode He blessed them and begged them to remain at Jerusalem till they were endowed from on high. What were their imaginations on the morning of the sending of the Gift of the Holy Spirit? They dreamed of conquering the world through Him whom they loved. Suddenly their dreams were fulfilled and they were inspired with a greater measure of the dreaming power. They ran out like drunken men and fired a cold world with the Imagination of God Himself.

Even the Sacraments that He ordained have in them an appeal to the imagination, and he who pictures bliss and happiness in the Lord receives the same.

And the disciples, going forth everywhere, fired men and women with visions of heaven and the glory of living in Him till the world was turned upside down. Voices spake out of dark places and encouraged them in their troubles. Hands were stretched forth to help them when they were imprisoned. It was a wonderful World, that world which the Christians set out to conquer for the Christ. When the cool, calculating men of the Church since the third century began to reason about the Lord they destroyed that for which the

Master lived and died. Back, I say, back to the days of simple things and simple faith. Back to the Divine leadership of the Imagination guided by God.

Then when we come to the question of PRAYER we shall again find answers. When the crippled one stands before God and fires his imagination with hope and confidence he will leap from his prison. Dream of health and strength till your Faith catches the vision and brings it to you. Prayer rests on the power of the Imagination more than on any other quality of the human mind. Therefore, cultivate the Imagination in the presence of God. Visualize healing of the Lord till you realize it. Hold to prosperity till you have it. Dream of greatness till it is yours.

Now having stimulated the imagination, let the pilgrim look up to God in Faith. He must believe in God. For Faith is confidence in God and man. It is like a cheque. Until it is presented at the bank, it is of no more value than an ordinary piece of paper. But taken to the Bank of God, it can be cashed for things material as well as spiritual. Are not we told to seek first the Kingdom of God and His righteousness and all these worldly things shall be added unto us? Where then is the trouble? Surely not with the kind and generous Father. Faith in the spiritual world is

what gold is in the natural world. It is the coin of the realm. Gold in the bank means houses, lands, automobiles and property. So Faith in the Bank of the Almighty is a checking account for all things. Draw on it now and see how quickly the cheque will be honored. The master placed no limit on this drawing account of His children. The account lies intact until it is drawn upon.

Faith is the key that will unlock the knowledge of God's forces at work for man's benefit. Think of the illustrations given to us in the Old Testament. Abraham's faith in God carried him through every discouragement until he received his reward of material things in this world, besides the promise that the chosen one should come from his seed. Isaiah still clung to his faith in God even when he saw his chosen people defeated by the enemy and made captives. Job, sitting in the midst of cruel afflictions, cried out, "I know that my Redeemer liveth!" And his Faith was rewarded by things in this life and salvation in the one to come. St. Paul's faith in God was so persistent that he converted the jailer to whom he was chained in the prison; and through his conversion, preached a fiery Gospel that turned Rome upside down. Washington, at Valley Forge, maintained his faith in spite of a freezing, starving army, and the plea that he was fighting a lost cause; and that persistent faith brought freedom

to the Colonies. William Penn's faith in the admonition of Christ "to turn the other cheek" and "resist not evil but overcome evil with good," saved his state. By following the law of non-resistance and the Golden Rule, Penn made friends of the same Indians who massacred the whites who fought them. There was Phillips Brooks, who, by his own great faith and kindliness, saved Harvard at a time when it was threatened by spiritual enemies without and within. It was Roosevelt's faith and courage that made him triumph over a weak body and finally bring it to an abundantly strong one. I could go on and on pointing out examples of faith that knew no defeat.

Faith religious and faith secular are one and the same, only working in different spheres. One man works in his garden in the evening and in the daytime works in his office. This same man uses the same mind and often the same muscles with different results. The same qualities work in the field of God and in the field of grain.

And now live Imagination and Faith in the happy Home of Love, where the impossible yearnings of Love are visualized by Imagination and perfected through Faith.

With the imagination developed, keep your spiritual eyes open and behold *Gratitude* approaching.

She always appears before a victory. She is the advance agent of the Lord.

When you have prayed, believe that the gift for which you asked has already come, and immediately offer thanks with a truly grateful heart. If we offer that courtesy and appreciation to our fellow beings to whom we owe so little, why not to the Heavenly Father, to whom we owe so much? It isn't that He needs our thanks, for everything is His. It is for the effect upon our minds and souls, that we should show our appreciation. In the story of the cleansing of ten lepers, only one returned to give thanks. Christ must have wished to stress the incident upon our minds, for He asked, "Where are the other nine? Were there not ten cleansed?" The narration of the incident fails to tell us whether the cure was permanent, but if conditions were then as they are today, at least some of them must have fallen back into their distress. I have seen with my own eyes people cured through faith, who, because of being ungrateful or else unmindful that health must be closely guarded, soon relapsed into the former condition.

Gratitude is a rare virtue and is often thought to be found in the dictionary only. But that is not really the case, for I can truthfully say that the same per cent of grateful people holds today that was shown in the story of the lepers. Real

appreciation lies in the noble soul of the recipient of a favor. Many a time the gratitude of a man seems all out of proportion to the gift received, so that shows it to be characteristic.

St. John gives us such a view of Jesus. How often on His lips were the words, "Father, I thank Thee." In the raising of Lazarus, He thanked God for the demonstration of His power before there was even a showing of it. No wonder His prayers were effective. I think this quality in our Lord endeared Him on earth as much as any others He had. No wonder He was a welcome guest at the feast. He never lacked appreciation of effort, no matter how small it was. He called the attention of His Apostles to the widow's mite, saying that she had given more than the rich man, for she had given all she had. When He was rejected by the worldly minded Pharisees, He thanked His Father that the Truth was revealed to babes. In His gratitude for a drink of cool water given by a heathen woman at the well, He revealed to her His Messiahship and gave one of the finest sermons ever preached, promising her that if she would drink of the Living Water, she should never thirst.

On the night in which He was betrayed, He blessed both bread and wine, with Thanksgiving, and left for all people the most beautiful service of Commemoration the world has ever known.

We have some notable instances in the lives of the Apostles before and after the Gift of the Holy Spirit. Often they wished Christ to call down the wrath of God upon those who would not receive them. Or fire to burn a village that would not house them. But after Pentecost, what a change! It takes the indwelling of the Holy Spirit to bring true gratitude to us as it did to them.

Jesus left for us a valuable lesson when He told His Disciples to abide in the Houses where they were received, and to shake the dust from off their feet when a village refused to harbor the messenger of God. So it is today. If we will not receive God's blessing with a grateful heart, He may withdraw them from us and shake the dust from off the feet of those sent to show us the way, for did He not say, "Cast not your pearls before swine, neither give Holy things to dogs?"

Therefore, the pilgrim seking answered prayer has only to look and expect his gift after being grateful. Look up and receive from the Father.

Prayer Suggestions

The Lord's Prayer—"Our Father——"

O Almighty Lord, and everlasting God, vouchsafe, we beseech Thee, to direct our bodies along the road to temperance, to guide our minds into the way of peace, and to sanctify our souls in the

works of Thy commandments; that through Thy mighty protection, both here and ever, we may be healed in body and soul, through Jesus Christ, our Lord. Amen.

Read St. John, Chapters 14, 15 and 16; St. Mark, Chapter 11; St. Mathew, Chapter 21; and Psalms 23 and 77.

Hear me, Almighty and most merciful God and Healer; extend Thy accustomed goodness to me, thy servant, who is grieved with sickness. Visit me, O Lord, with Thy loving mercy, and so restore me to my former health, that I may give thanks unto Thee in Thy Holy Church, through Jesus Christ our Lord. Amen.

CHAPTER XV.

The Trinity

MUCH argument has been made upon the doctrine of the Holy Trinity, and men are still disputing the subject. I believe in the Holy Trinity of God because I see the Trinity of man. Man is Body, Mind and Self. No one can separate a man from his soul and know what the reaction will be. We can only know men as they are in the body. It is perfect rubbish to talk glibly about spiritual things as though they were separate and apart from the man himself. Man is a Trinity and as such functions here on earth. We may be different in another world, but what is that to us? We are a Trinity now and as we know little about the future, let us be anxious to demonstrate God in the instrument He has given us here. It is true that when the body is sick, the mind cannot function normally. It is equally true that when the mind is sick, the soul lacks spiritual pep and vision is often vain and false. To have a perfectly wonderful Spirit here on earth one must

have the house as nearly perfect as it can be made.

I believe that man can never really know God till he has brought about HARMONY in his body by temperance in living, by fairness of thinking and by deep religious conviction. As a man cannot live apart from himself, he must live in himself. The only way to live peaceably with oneself is to live harmoniously in the Trinity. Man, because he is a Trinity, cannot be in full harmony till he has known God through prayer. God is man's best friend here on this earth and he must strive daily to know Him. He can best know Him by bringing Harmony between the different members of his being. The whole man must be considered always before he can manifest God within him. The body is not vile, as some of the old theologians would have us believe, but the sacred house and dwelling place of man and God.

Temperance is the key to a clean body. Eat only the things that give radiance and health and let others fill their bodies with rubbish if they care to, but fill yours with clean natural foods that you may see clearly and live the abundant life. Secondly, seek to cultivate happiness and good humor among your fellows. Get into the habit of seeing the best in everyone. Become less and less critical as the days go by. Fault-finding always leaves its effects upon the body and produces an

acid reaction. He who explodes in anger lets down the bars to disease.

Be watchful about speaking the truth, or else keep still. He who lies breaks down his moral fibre and soon is unable to distinguish right from wrong. I believe that all manner of sickness can be healed by Faith and Prayer.

Whenever you feel discord, seek the Father in prayer. Believe that He can heal you when you pray. He is the great harmonizer of the Trinity of man. Get into the habit of talking to God as though He were very near. Tell Him all about yourself. He will not give you a stone when you ask Him for bread. When you are ill remember that discord is reigning. Seek harmony of your members and present them all as a gift to God. Do your part to obey the Law of the Trinity. If you have broken the Law, resolve to obey it lovingly. Then pray the Father after having forgiven freely all your enemies. He will answer your prayers. The former treatise on prayer which I have written is the foundation for all prayer. One's attitude of mind always influences one's prayers. Seek a pleasant and happy attitude that the soul may present to the Holy Trinity its petition for help. Remember you are a TRINITY, and in that Trinity must worship and serve your Lord and God as well as your neighbor.

THE END

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